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EatingWell®

APRIL 2022

Spring Salads You'll Crave

Earth-Friendly Snacks That Actually Taste Great

26 Ways to Waste Less Every Day

What's Threatening Maine's Most Iconic Seafood?

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8 Products to Help You Use Less Plastic

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COVER: ANTONIS ACHILLEOS; STYLING: EMILY NABORS HALL (FOOD), LYDIA PURCELL (PROPS). THIS PAGE: LEIGH BEISCH; STYLING: DAN BECKER (FOOD), GLENN JENKINS (PROPS)

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or lunch, or a midnight snack?
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CAITLIN BENSEL; STYLING: CHELSEA ZIMMER (FOOD), LYDIA PURCELL (PROPS)

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The Earth Issue

In honor of Earth Day, this issue is all about sustainability. Sure, *EatingWell* peppers tips on how to tread lighter into every issue, dating back to our start in 1990. But we tightened our focus for this edition. Throughout you'll find loads of eco-oriented "service" (editorial-speak for stories that provide info you can use), including everything from a roundup of greener snacks that actually taste great *(page 51)* to a recipe that uses up wilted salad greens *(page 71)* along with 25 other ways to reduce food waste. My personal fave: the 8 products to help you ditch single-use plastics, on page 101.

I'm positive you're going to find tons of recipes and ideas to put into action ASAP, but first let me divert your attention to a story that has almost nothing to do with service. "Between Wind & Whale" *(page 56)* takes us to Maine to explore threats to the state's lobster fishery. But the threats aren't those you've likely heard of before—overfishing or warming waters, for example. Here the web is far more complicated and involves whale conservationists and wind energy advocates. To report this story, author Paul Greenberg plied the waters of the Gulf of Maine with the crew of the *Knotty Lady*. He also visited the U.S.'s first major industrial offshore wind farm near Block Island off the eastern tip of Long Island along with author, ecologist and MacArthur "genius" prize winner Carl Safina. This story is intriguing because it shows how three groups of people, all of whom are aiming to help the environment, can be at odds with one another.

Greenberg's first book, *Four Fish*, was published in 2010 and since then much of his writing has centered on oceans and sustainability. He's also proven to be skilled at reporting on other topics, as in a story he did for us recently about the roots of the Mediterranean diet. But it's when he's on the water that his writing is at its peak. I could see the lobstermen, feel the salty air, hear as they pulled, emptied, baited and repositioned their traps. Besides being transported to a place I'll likely never visit, I also came away better informed about a food I absolutely adore.

For me, one of the most delightful things that magazines can do is surprise me with a longer read on something I had no idea I wanted to know about. Yes, it works best when I have a moment to sit down, catch my breath—maybe with a cup of coffee—and relax. (Those moments are rare!) But when it happens it provides an energizing, enlightening escape. I hope you find time to read this one. And if not, no worries. With all those other pages of "service," even if you just have time for a quick flip through, I know we can help make your days a little better, more delicious and greener too!

Cheers,

Jessie

Jessie Price,
editor@eatingwell.com

Follow me on Instagram @jessieeatswell

DANIEL ALEXANDER ORR

Offshore wind farms, like this one near Block Island, may become our largest source of renewable energy. But it's unclear how they'll affect coastal ecosystems and fishing communities.

WE ASKED YOU:

What cookbook are you loving lately?

Taste of Persia by **Naomi Duguid**. A delicious cookbook that also delves into the culture and history of Persian cooking. —*afainsinger*

Yotam Ottolenghi's *Simple.* Simple cooking (mostly), elaborate flavors—just delicious. —*claudianfenster*

Stanley Tucci's *Taste.* I find myself thinking about where to get the best tomatoes for sauce and feel comforted that my freezer stash of Parmesan rinds is a good thing. —*small_kitchen_uk*

The Blue Zones Kitchen—I love the stories and photographs behind the recipes. My family is trying new foods and loving it! —*closebcr*

Carla Hall's Soul Food. Modern twists on Southern classics. —*purpledivva_*

Have been loving and super inspired by ***The Korean Vegan***. —*olivetreeintegrative health*

Sustainable Living

Scan this code with your phone for tips to green your routine.

WHAT'S TRENDING ON EatingWell.com

1 **Hop to It** Hosting for Easter? Look here for all the recipes you'll need, from savory starts (think: asparagus Gruyère tart) to sweets like classic carrot cake or this stunning (vegan) red velvet. *EatingWell.com/Easter*

2 **Celebrate Passover** We've also got your Seder menu covered, with dishes like matzo ball soup, simple roast chicken and a flourless chocolate cake finale. *EatingWell.com/Passover*

3 **Salt Swaps** Like it or not, we could probably all stand to ease up on this blood-pressure-raising mineral. But you can do it deliciously! Find flavor boosters to use instead at *EatingWell.com/saltswaps*

THE EATINGWELL GOOD-LIFE GURUS

Hit follow on these photographers for awe-inspiring images showcasing the beauty of the natural world.

@jennifer.renwick.photography
Photographer **Jennifer Renwick** often shoots in famously beautiful national parks like Death Valley, Yellowstone and Zion. She posts her share of landscapes, but also zooms in to create abstractions from ice formations or lines in the sand, pollen in a puddle or dried, cracked mud. "Nature's patterns are a never-ending fascination for me," she says. Who knew dirt could be so lovely?

@wildgina
Gina Danza's sharp, striking shots of butterfly wings, flowers, cactuses and sunsets alternate with behind-the-scenes self-portraits that make her job look like an absolute blast. That doesn't diminish the seriousness of her mission, though: behind the lens and in front of it, Danza works with brands to diversify marketing materials and increase inclusion in the outdoor industry.

@paulnicklen
Need a reminder of the magnificent, wild world beyond your screen? Peek at Canadian photographer, filmmaker and marine biologist **Paul Nicklen's** page for jaw-dropping images of arctic and underwater worlds: pods of narwhals, glacial lakes, penguins, polar bears and more. He also shares updates from SeaLegacy, a nonprofit he co-founded to help protect the world's oceans.

TOP: ANTONIS ACHILLEOS; BOTTOM: JENNIFER RENWICK; GINA DANZA; PAUL NICKLEN

Sugar Free S'mores Protein Shake

Combine 3 Tbsp. Torani Sugar Free S'Mores Syrup, 1 packet Vanilla protein powder, 2 cups ice and ¾ cup water in a blender and blend until smooth. Pour into a tall glass.

Skinny S'Mores Iced Coffee

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Skinny S'mores Latte

Steam together 2 Tbsp. Torani Sugar Free S'mores Syrup with 2 shots espresso or ½ cup strong brewed coffee and 1 cup steamed milk.

S'mores Mocha

Steam 1 cup skim milk with 2 Tbsp. Torani Puremade Dark Chocolate Sauce and 2 Tbsp. Torani Sugar Free S'mores Syrup. Pour into a cup and add 2 shots espresso or ½ cup strong brewed coffee. Top with whipped cream and Torani Dark Chocolate Sauce drizzle.

Skinny S'Mores Frappe

In a pitcher, blend 2 Tbsp. Torani Sugar Free S'Mores Syrup, 1 cup skim milk, ½ cup ice and 2 Tbsp. chilled espresso. Top with fat free whipped cream.

S'mores Milkshake

Blend together 1 ½ Tbsp. Torani Sugar Free S'mores Syrup, 3 Tbsp. milk and 1 cup ice cream until smooth. Garnish with graham crackers, marshmallows and chocolate.

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GOOD LIFE

EARTH DAY SPECIAL SECTION

HEALTHY YOU HEALTHY PLANET

The New Food Pyramid

We think a lot about the impact our diet has on our own health, but what about the environment? This guide may help you eat better for both. **By Karen Asp**

What the food pyramid and MyPlate did for better nutrition—providing an iconic, at-a-glance guide to what to eat—experts have now done with sustainable eating. Enter the Double Health and Climate Pyramid*, created by researchers at the Barilla Foundation, a European think tank focused on food and the environment.

The new tool combines a health and sustainability pyramid side by side: on the left are nutrition guidelines based on scientific literature linking diet to various health outcomes, particularly cardiovascular disease. On the right is an inverted climate pyramid ranking foods based on their environmental impact using data from Su-Eatable Life, a European Union-funded project that examined factors like carbon emissions and water usage. The simple, clever graphic shows that a healthy, sustainable diet might not be so complicated. For the most part, the food groups on both sides of the pyramid line up with each other, demonstrating that what's good for our bodies is good for the planet, too, says Marta Antonelli, Ph.D., the foundation's head of research.

Walter Willett, M.D., a professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health in Boston, and co-chair of the EAT-Lancet Commission, whose mission is determining how we can have a healthy, sustainable food system, considers the Double Pyramid a major advance. He hopes it will motivate people to shift to a plant-forward diet.

"We are currently on track to increase global temperature by almost 10 degrees Fahrenheit, which will make much of the world uninhabitable and devastate food production systems," Willett says. "We need to do everything possible to avoid this disaster, and although eliminating the use of fossil fuels is most important, even if we do that, we still won't have a sustainable future unless we change our diets."

Seafood is good for health but takes a toll on the environment.

Sweets have a relatively low climate impact but should be eaten rarely.

*FOR ILLUSTRATION PURPOSES ONLY. FOR MORE INFORMATION: *BarillaCFN.com*

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Travel Lightly

Ready to roam but want to mind your footprint? Check out these 4 eco-friendly accommodations for a low-impact vacation that will reconnect you to nature.
By Jennifer Kaplan

1 Yuquiyú Treehouses *(pictured above)*
El Yunque Rainforest, Puerto Rico
Nestled amid 3 acres of vanilla orchids and mango groves in the foothills of El Yunque rainforest, Yuquiyú's treehouses epitomize downsized lodging without compromise. Each treehouse is appointed with designer furnishings, a private granite rain shower, and wraparound balcony. The on-site restaurant, Huerto Escondido, offers vegan cuisine sourced from the resort's century-old organically farmed agricultural terraces. You can spend your days exploring nearby beaches, rainforests and historic towns, and fall asleep listening to singing coquí, the tiny tropical tree frogs that call Yuquiyú home. (Starting at $300; *yuquiyufarm.com*)

2 Dreamers Welcome *(pictured above)*
Wilmington, North Carolina
Owner Stephan Watts designed Dreamers Welcome with hygge in mind. The Danish concept of coziness exemplifies this high-style meets low-impact inn just a few blocks from the heart of downtown Wilmington and 20 minutes from Wrightsville Beach. The renovated Victorian features a lush garden and expansive front porch, plus green amenities like paperless concierge service, eco-friendly toiletries and a vegan breakfast (try the caramelized banana pancakes). It's a stylish retreat with a sustainable soul. (Starting at $139; *dreamerswelcome.com*)

3 SCP Depoe Bay Depoe Bay, Oregon
This charming seaside hotel is the perfect place to enjoy the dramatic splendor of the Oregon coast. The 13-room surf lodge was recently given a green makeover with energy-efficient systems, solar power and sustainable and regionally sourced materials. There's a communal co-working space for those taking their laptop on the road, or you can unplug in the device-free Peaceful Room. With a tree planted for every visit, a stay here is an exercise in mindful travel. (Starting at $129; *scphotel.com/depoe-bay*)

4 The Grey Barn High Falls, New York
This luxe farmhouse inn sits on the grounds of the Woodstock Farm Sanctuary, home to nearly 400 rescued farm animals. Your stay helps finance the Sanctuary and includes an immersive tour where you'll get to mingle with the resident goats, pigs, sheep and more. The sun-filled rooms combine modern elegance with rustic charm, and each has a private terrace—a great spot for enjoying a locally sourced vegan breakfast while observing the animals at play in their pastures. (Starting at $281; *thegraybarn.org*)

DORIAN ANDERSON; COURTESY DREAMERS WELCOME

Give a Shelter Dog a Dream Home

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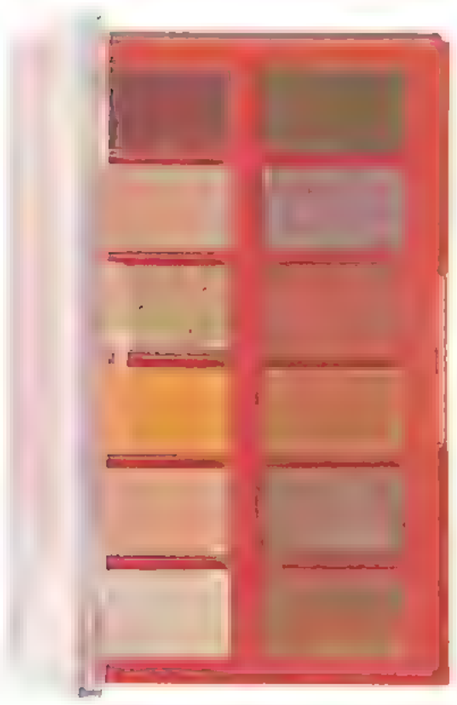
Chrishell Stause
and Gracie, for
PETA

Green Your Beauty Routine

It's official. The days when eco-friendly beauty products came with trade-offs—lackluster performance, *meh* colors, high price tags—are over. Now you can find all sorts of sustainable products that really walk the walk. Trust us, we tried a ton of them to find these standouts. Each one earns planet-friendly points for its packaging as well as the ingredients it contains. Even better: all of them come in at less than $30. So get ready to look great and feel good with zero guilt.
By Christina Vercelletto

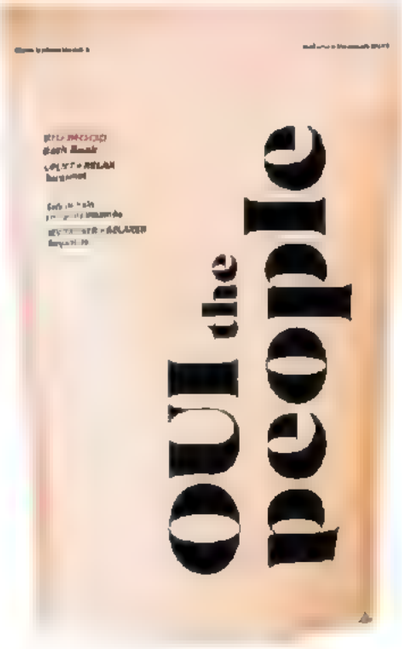
Habit Cosmetics Nail Polish
Nail enamel is not exactly known for being green. But Habit's line is nontoxic and cruelty-free and comes in gorgeous, long-lasting shades. The formula is boosted with myrrh extract, which contains calcium and magnesium to help keep nails healthy. And the glass bottle is recyclable and is topped with a biodegradable bamboo cap. *($18; Walmart.com)*



PYT Beauty The Upcycle Eyeshadow Palette
With shadows that range from office understated and date-night fun to party sparkle, this palette will be your new go-to. Each hue is richly pigmented—once rare in eco-friendly makeup. The shadows are free of 28 sketchy ingredients (everything from parabens to oxybenzone) and the palette itself is recycled and recyclable. *($28; Pytbeauty.com)*

Captain Blankenship Sea Shine Shampoo
Organic, vegan and free of synthetic preservatives, parabens and sulfates, this shampoo leaves hair shiny and hydrated, thanks to vitamin-packed sea kelp and spirulina, while lemongrass and lime essential oils make it smell so heavenly. (And isn't that really how we pick shampoo?) The bottle is also made entirely of recycled ocean-bound plastic. *($28; Captainblankenship.com)*

Peach Not Plastic Lavender Coconut Soothing Body Lotion Refillable Stick
Coconut milk melds with wild lavender and shea butter for a nongreasy formula that works 1,000 times better than many other lotions we've tried (and we love the no-mess stick, packaged in recyclable aluminum). It's plant-based and made without sulfates, silicones, parabens, phthalates and synthetic dyes. *($20; Grove.co)*



Oui the People Big Mood Bath Soak
The dreamy scent of Italian bergamot essential oil and skin-softening organic aloe team up to bring serious chill to your next hot bath. It's free of phthalates, parabens, formaldehyde, petrolatum and synthetic fragrances, and the pouch it comes in is fully recyclable. *($28; Ouithepeople.com)*

Scan with your phone's camera to shop these products.

Go Wild

There's a growing movement to ditch your lawn in favor of native plants that attract pollinators and other beneficial critters. **By Johanna Silver**

You may think of nature conservation as something that happens "out there" in national parks and preserves, not in your own backyard. But collectively, our lawns comprise more acreage than all of the national parks in the continental U.S., and much of it is an ecological dead zone, according to Doug Tallamy, Ph.D., an entomologist at the University of Delaware and author of *Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard.* He says the lack of native flora and heavy use of herbicides may be contributing to the declines in bird and insect populations, which could have a devastating impact on ecosystems and the food web. To reverse the damage, Tallamy wants us to turn our lawns into more hospitable habitats for wildlife, a process commonly referred to as rewilding. Here are his top tips for getting started.

Shrink the lawn.
The first step to making your yard a better habitat for wildlife is to tear up some of that manicured grass. The fastest way is to physically remove the sod or till it up and let it compost in place. Many parts of the country are already encouraging lawn removal, so you may find more information with your local water district or agricultural extension. Or hire an ecological gardener in your region. "There's an entire industry developing around this," says Tallamy. Instead of a lawn, the lush yard pictured here boasts native grasses and wildflowers that require little maintenance.

Add native plants.
They're essential for supporting native wildlife. Plant and animal relationships are often incredibly specialized—for example, most birds feed their young certain caterpillars that only eat certain plants. "You take the plant away, and you lose the animal," explains Tallamy. Trees in particular provide a lot of habitat. For instance, one native oak on Tallamy's property in southeastern Pennsylvania supports 557 species of caterpillar. To find a list of plants native to your area, visit *nwf.org/NativePlantFinder* and enter your ZIP code.

Leave the leaves.
Fallen leaves are part of the natural ecosystem—they're next year's fertilizer, says Tallamy, and an important habitat for many insects. He adds that the best thing to do is rake them up and put them on your flowerbeds as a natural mulch. Also, when safe, consider leaving dead branches on living trees, or even a dead standing or fallen tree in place. This can provide shelter for many birds, mammals, reptiles and amphibians.

Get rid of intruders.
It's also important to remove any invasive plants, which tend to spread rampantly, support less wildlife and outcompete native flora. Tallamy's preferred approach for invasive removal is to hack the plant back to a stump and carefully paint the remaining base with herbicide. This way you target just one small area rather than applying the chemical more broadly.

Turn off the lights.
Tallamy encourages shutting off exterior lights at night or adding a motion sensor so they only turn on when needed; they can be deadly to insects and blinding to many nocturnal animals. And replace regular white bulbs with yellow LEDs, which are far less attractive to insects (and more energy-efficient too).

CARSON DOWNING

Find more advice on how and why to rewild your yard in Doug Tallamy's book *Nature's Best Hope.*

I've heard that some nitrates in food are good for me—but I thought they were harmful. What's the deal?

By Kristin Kirkpatrick, M.S., RDN

Nitrates in cured meats, such as bacon, hot dogs and cold cuts, have long had a bad rap, but more recently there's been a lot of talk about the health benefits of nitrates in beets and other vegetables. Confusing? Yes. But we'll straighten it all out for you.

WHAT ARE THEY? Nitrates are compounds made up of nitrogen and oxygen. Most come from plants, such as leafy greens, beets and celery. They are also added to processed meats—in the form of sodium nitrate or sodium nitrite—as a preservative, or to enhance flavor, color and texture.

THE GOOD When we eat nitrates from plants, our body converts them to nitric oxide, which has been shown to have a number of benefits, such as regulating blood pressure and improving circulation. This, in turn, can boost both heart health and athletic performance. For example, a 2021 study found that active adult men who received nitrates derived from beet juice increased their muscle power output. Another trial showed that consuming at least 60 milligrams of nitrates from vegetables daily (that's about what you get from 1 cup of raw green leafy vegetables) may significantly reduce the risk for heart disease. In addition, nitrate-rich plants provide "many other health-promoting nutrients, including antioxidants and potential anti-inflammatory compounds," explains New York City culinary nutritionist Jackie Newgent, RDN, CDN.

THE BAD So why are they a good thing in beets but not bacon? In processed-meat products, nitrates can combine with the proteins' amino acids and form nitrosamines, which have been associated with an increased risk of certain cancers. A World Health Organization report found that each 50-gram portion of processed meats a person ate per day (that's about 5 slices of bacon) upped their odds of colorectal cancer by 18%. The evidence was strong enough that WHO classifies these foods as a Group 1 carcinogen—the same designation as tobacco.

Consuming plenty of vitamin C and other antioxidant-rich foods can help block the production of nitrosamines—and offset the potentially negative effects of processed meats, explains Melina Jampolis, M.D., an internist and board-certified nutrition specialist in Los Angeles. In fact, manufacturers are starting to add vitamin C to cured meats for just this reason. High heat can also contribute to nitrosamine formation, so Jampolis recommends cooking processed meats at lower temperatures. (For example, microwaving bacon may be better than frying it, according to some research.) But the best bet is to simply reduce the amount of them you eat.

And that goes for foods labeled "natural" or "nitrate-free" too. Studies show that the conversion of nitrates to nitrosamines can occur regardless of whether they're organic or synthetic—so that "natural" hot dog may not be any healthier for you. As for products boasting "no added nitrates," Jampolis says these are often made with celery powder, which contains naturally occurring nitrates and can still produce nitrosamines (although it is not considered an added nitrate).

BOTTOM LINE Nitrates from plants and those added to meat behave very differently in the body. Increasing your consumption of nitrate-rich veggies may reduce blood pressure and improve athletic performance. But it's best to limit your intake of processed meats (even "natural" and "nitrate-free" products), which are associated with an increased risk of cancer.

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Table Talk with Rosario Dawson

The actress, producer and environmental activist divulges her latest—and longstanding—food and beverage obsessions. Plus, she dishes on her current mission to get kids back to nature. **By Lucy M. Clark**

FRAZER HARRISON/GETTY IMAGES

QUICK-FIRE QUESTIONS

Beer, wine or cocktail?
All! Yes!

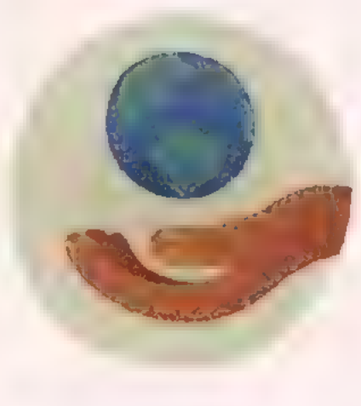
What is always in your fridge?
These days? A plant-based Parmesan called Nooch It! It's delicious.

What's one food trend you can't understand the hype for?
Wheatgrass. [Makes gagging sounds.]

Finish this sentence: To me, cooking is ... Love.

What food says home to you?
My mom's cooking. She is an amazing cook and makes everything from pizza to arroz con pollo to lasagnas of all kinds. She used to put sazon and adobo on everything so it would all taste Puerto Rican. But over the years, she's expanded that palate and it's pretty spectacular.

What's a kitchen gadget that you can't live without?
Traveling to Europe, I discovered those plug-in teakettles (they had them for years before I saw them in the American market). That is my favorite thing—it keeps me hydrated all day. I love tea and broths and warm water in general. My favorite is fresh turmeric ginger tea. I grate the turmeric and ginger and store them together in a jar. Then I'll scoop that out and put it into a tea bag.



This issue is all about sustainability. What environmental issue speaks to you?
Climate change. We need to look at our agriculture, how we eat, what we prioritize, what our government is subsidizing. Are we skipping meat for at least a couple of meals? Are we planting enough trees? Are we engaged in getting out into the great outdoors, being as good of a steward of the Earth as it is to us?

What do the words "eating well" mean to you?
I think eating well means working with your body and what it needs—what could be healing and energizing for it. Sometimes that means having that thing that maybe isn't 'the healthiest,' but will make you feel good in that moment. And enjoy it! Enjoyment is, for me, an important part of eating well.

You're working with Tom's of Maine to give kids from underserved communities equitable access to nature-based programs like summer camps. What drew you to this project?
I grew up in the concrete jungle that is New York City, but I had access to community gardens and family that took me camping. We have research showing how critically important it is for our kids' mental, emotional and physical health to be engaged in activities outside, whether it's sports or hiking or picnics. It just does so much for our human, earthling selves to be out there in the sun or in the dirt or under a tree, and just be engaged with this planet that we live on. And it encourages them to become environmentalists, which is so critical for our future. I'm asking people to use the hashtag *#GetIntoNature* [also the name of the Tom's of Maine campaign] to show what that looks like, so you can go there to get ideas!

Scan with your phone's camera for more from Rosario Dawson.

Raising Future Planet Protectors

Five ways to get your kids involved this Earth Day. **By Taylor Hugo**

A recent United Nations Peoples' Climate Vote survey found that 69% of youth under age 18 around the world believe that climate change is an emergency (that's a higher percentage than any other age group). Earth Day is a prime opportunity to encourage your kids to turn that awareness into action, and show them that even small steps can help the bigger mission of keeping our home healthy for future generations. "It's important to engage children in that learning process, allowing them to experience the world around them and appreciate it," says Sarah Hausman, vice president of impact programs for FoodCorps, a national nonprofit that connects kids to healthy food in schools. Try these activities on April 22—and beyond.

1 **Explore the environment.** Whether you live in the inner city or the countryside, nature can be observed everywhere you look, so get out there. Take your child on a scavenger hunt to collect different types of seeds—like pine cones and acorns—and talk about what they grow into. Observe pollinators and which plants they're most attracted to. Or perhaps follow an ant trail. The simple act of being outside is all about cultivating an appreciation for and a connection to nature, says Hausman.

2 **Get involved.** Show your child the collective impact a community can make by volunteering for local Earth Day initiatives, such as cleaning up your nearby park or planting a tree at a neighborhood school. Check your town's website or *earthday.org* for kid-friendly events happening near you.

3 **Start a worm compost bin.** Your kids may think they're dreaming when you give them the green light to play with dirt and worms! Vermicomposting is a fun, simple way to divert food waste from landfills and reduce greenhouse gas emissions. Little ones can feed food scraps to the worms and watch them magically transform into high-quality fertilizer. (And don't worry, worm bins are not smelly and don't take up a lot of space.) Look online for tutorials—there are lots of different methods for building a worm bin depending on your space and budget.

4 **Encourage advocacy.** Whether it's sustainable food systems or government policy, plastic pollution or oil spills, *earthday.org* offers tools that allow kids to research a subject or initiative they're passionate about and discover ways to turn that passion into action.

5 **Grow your own herbs.** "When kids learn about where their food comes from and how it's created, they build deeper connections to the planet," says Hausman. Herbs are a great place to start: they can be grown indoors if you don't have a garden and are easy to care for. When grown outside, herbs like mint, oregano, rosemary and sage invite pollinating birds, bees and butterflies crucial to food production. You'll also cut down on plastic waste from purchasing these seasonings at the grocery store.

Scan with your phone's camera for more ideas for easy gardening projects to do with kids.

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The Eco-Conscious Kitchen

There's a lot you can do in the kitchen to reduce your environmental impact, including how you design and equip it. Check out these expert tips for greening up the hub of your house. ***By Alia Akkam***

Ditch the Gas When designing his own kitchen, shown here, Wayne Turett, founder and principal of the New York architecture and interior design practice The Turett Collaborative, opted for an all-electric kitchen, passing up a gas stove for an induction cooktop. Along with promoting better air quality, an induction stove can be powered by electricity from solar panels or wind, Turett points out, making it an especially environmentally friendly choice.

Wash with Less Another kitchen essential for Turett is a dishwasher, which typically uses less water and energy than scrubbing by hand. If you don't have room for one, consider installing a two-basin sink: a 2020 study by University of Michigan researchers found that using one side to soak and wash dishes in hot water and the other to rinse them in cold was the most water- and energy-efficient method. To conserve even more water, add a WaterSense-certified faucet—they're 20% more water-efficient than standard models.

Consider Your Cabinets Turett loves his Valcucine cabinets, made from glass, a manufacturing process that uses much less energy compared to other materials. If you don't have the budget for them, he suggests going for cabinets from IKEA, many of which are made from recycled or rescued materials.

Top It Off For countertops, "a lot of our clients like marble," says Turett, but it eats up a lot of energy. "Stone has to be cut up, ground down, polished, shipped across the ocean and distributed." He opted for easy-to-clean laminate countertops from Abet Laminati for his own kitchen. Another good pick: Corian solid surfaces, some of which are made with recycled materials. Quartz like Caesarstone is also environmentally friendly, says Turett.

Choose Smarter Appliances If you're in the market for new appliances, there are heaps of Energy Star-certified options that reduce electricity usage and greenhouse gas emissions. For even more energy savings, lean on small appliances like toaster ovens and electric kettles versus firing up the oven or stovetop. According to Energy Star, toaster ovens use one-third to half as much energy as a conventional electric oven for cooking small meals. An Instant Pot also requires less energy than stoves and conventional ovens, notes Turett.

For more tips on reducing waste in the kitchen, see our A-Z guide on page 66.

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The Complex World of Carbon Credits

American farmers are cashing in on this new revenue stream. But can it really help the environment as much as proponents say? *EatingWell* digs into the controversy. **By Jonathan Kauffman**

Like many farmers in the upper Midwest, A-Frame Farm's Luke Peterson makes the bulk of his living growing grains on the 1,000 acres he manages in Madison, Minnesota. In addition to corn and wheat, Peterson has branched out into less common crops like buckwheat, flaxseed and Kernza, a perennial grain touted for its environmental benefits. His farm has been certified organic since 2014, but lately he's gone even further, adopting regenerative practices like eliminating fall tilling, grazing cattle on his fields, and planting cover crops and perennials (like that Kernza). The point of those practices? They all improve soil health, allowing it to hold moisture better and require less fertilizer come springtime.

They also help sequester more carbon underground, an emerging tool in the fight against climate change. That's because healthy soil is better able to trap the CO_2 that plants draw out of the atmosphere and funnel down into the earth through their roots. According to influential Ohio State researcher Rattan Lal, Ph.D., soil stores more than three times the carbon locked in all the plants and animals living on land. Yet deforestation and conventional agriculture have depleted soil carbon on cultivated land by 50 to 75%. Scientists are studying how regenerative agricultural practices like the ones Peterson is using can restore those soils and sequester carbon—1 to 3 billion metric tons per year, Lal estimates—in the process.

The business sector, too, sees the potential of "carbon farming." Over the past three years, private companies including Indigo Ag, Nori, and a Land O'Lakes subdivision named Truterra have set up carbon markets to channel payments to farmers who capture carbon in their soil. Here's how it works: Say you're a corporation whose operation produces greenhouse gases—like an airline or large food company. You can't completely eliminate your emissions, but you can choose to offset them by buying carbon credits from farms that sequester greenhouse gases, making your emissions "net-zero." (They can also be bought through renewable energy, forestry and other projects.) A third-party firm estimates the amount

of carbon you've sequestered and converts it into sellable credits—each of which represents 1 metric ton of CO_2 or its equivalent.

Microsoft purchased Truterra's first "crop" of 100,000 tons in 2021. In its first year, Indigo Ag enrolled 2 million acres, paying farmers at least $15 per metric ton of CO_2 added to their lands, and estimates that a Minnesota farm the size of A-Frame could earn more than $11,000 a year (vested over a period of five years to ensure they maintain their carbon-capturing practices).

It's a thrilling possibility: Farmers gain a source of extra income, and polluters, not taxpayers, fund a massive shift to sustainable farming.

The Problem with Carbon Farming

Few scientists contest the idea that soils are massive carbon sinks. However, issues arise over private companies trying to quantify the amount of carbon these farming practices sequester and turning it into a cash payment. "We know how to count trees pretty well, both in person as well as with remote sensing technologies. That is fundamentally much harder to do with soils, because their carbon content can change," says Danny Cullenward, policy director at Carbon Plan, a nonprofit research agency that ensures the integrity and transparency of climate solutions. "Walk 10 meters in one direction, and you could be in a completely different soil ecosystem."

Businesses like Truterra and Indigo aren't testing every acre on every farm they pay. Instead, they rely on complex formulas to figure out how much carbon specific farming practices could sequester. After conducting a thorough review of these formulas, Carbon Plan has strong concerns: Are they based on current science? Do they measure deep enough in the soil? "I'm not seeing a lot of signs that these companies are trying to account for this stuff," Cullenward says.

Buying credits for soil carbon is also, in effect, investing in risky and volatile penny stocks. Pay a farmer to practice no-till agriculture for 10 years, and if she decides on year 11 she's going to till up her field, the carbon will be released again. There go the gains—and she still keeps the money. Catastrophic weather events such as flooding or wildfires can also erase gains farmers make.

Another concern is whether markets even pay farmers enough per ton of CO_2. Adopting carbon-capturing practices can require a hefty investment from farmers. For example, planting cover crops costs $15 to $78 per acre every year, according to a 2019 report from the Sustainable Agriculture Research and Education program. Numerous studies suggest that cover cropping and no-tillage pay off financially in the long run in the form of lower pesticide and irrigation costs. But in those crucial first few years, carbon offsets wouldn't cover the cost—they're more of a financial pat on the back.

Who Can Farm Carbon?

An even larger problem that sustainable-agriculture advocates raise is that most of the farms applying for carbon credits are conventional farmers growing commodity crops like corn, soybeans, wheat, rice and cotton. According to the USDA, more than 50% of all U.S. cropland—163.5 million acres—is devoted to corn and soybeans alone. That massive scale is a selling point for private carbon markets, who argue that they provide the incentive America's industrial farmers need to change the way they farm giant tracts of land.

Sarah Mock, author of *Farm (and Other F Words)*, considers that an empty promise. "The farmers being paid credits are the last people we would want to pay: the biggest farms, the richest farms, who have used the worst farming practices the longest. It's leaving out farmers who have already been doing carbon-sequestering practices and Indigenous people who manage land well." Carbon markets, after all, don't address the holistic impact of chemical fertilizers, pesticides or other industrial farming practices on the environment—or reform the agricultural system so it allows small family farms to thrive.

It's a thrilling possibility: Farmers gain a source of extra income, and polluters, not taxpayers, fund a massive shift to sustainable farming.

Some experts say that expanding the $2 billion that the USDA and state governments pay growers for farming sustainably would be a better incentive that could inspire more holistic, long-term changes. Or, Mock proposes, "Why don't we tie some of the billions we give in farm subsidies every year to conservation practices and cover cropping?"

At A-Frame Farms, Peterson says he's all-in when it comes to regenerative farming—but he doesn't want to participate in commercial carbon markets. "It's this game that farmers get involved in where they have to chase the dollar," he says. Measuring, reporting, giving all his agronomic data to a third party, and all for a relatively mediocre paycheck? He'd rather charge a fair price for his organic, regenerative grains—one that incorporates all the ecosystem benefits he already provides. In short, sequestering carbon shouldn't be the product. It's just part of the process of doing right by the Earth.

JONATHAN KAUFFMAN *is a James Beard Award-winning journalist and the author of* Hippie Food.

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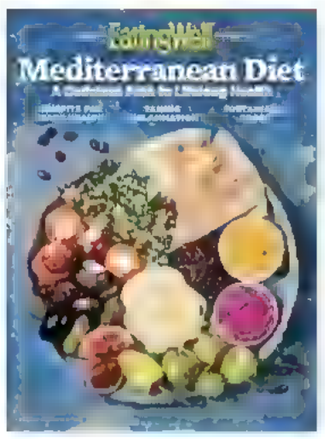

EATINGWELL MEDITERRANEAN DIET

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DINNER TONIGHT

17 EASY HEALTHY RECIPES

Top That!

Cajun-Spiced Tofu Tostadas with Beet Crema, next page.

Photography by Jacob Fox

Styling by Kelsey Bulat (food), Sue Mitchell (props)

Illustrations by Emma Dibben

Cajun-Spiced Tofu Tostadas with Beet Crema

ACTIVE: 25 min **TOTAL:** 35 min

Crumbled tofu spiced up with Cajun seasoning is layered onto these tostadas with a juicy mango slaw. A dollop of sour cream zhuzhed up with beet and lime adds even more flavor. Look for precooked beets in the produce department of your grocery store. (Photo: page 27.)

- 8 corn tortillas
- 2 tablespoons avocado oil, divided
- 3 cups shredded cabbage
- ½ mango, julienned
- 2 tablespoons lime juice, divided
- 1 tablespoon chopped fresh cilantro
- ¾ teaspoon salt, divided
- 1 small cooked beet, shredded
- ⅓ cup sour cream
- 1 small clove garlic, grated
- 1 14- to 16-ounce package extra-firm tofu, drained, crumbled and patted dry
- 2 tablespoons salt-free Cajun seasoning
- 1 avocado, diced

1. Position a rack in upper third of oven; preheat to 400°F.

2. Brush both sides of tortillas with 1 tablespoon oil and arrange on a baking sheet. (It's OK if they overlap a bit; they will shrink as they cook.) Bake, turning once halfway, until browned and very crisp, 10 to 12 minutes. Transfer to a wire rack and let cool.

3. Meanwhile, toss cabbage, mango, 1 tablespoon lime juice, cilantro and ¼ teaspoon salt in a medium bowl. Combine beet, sour cream, garlic, the remaining 1 tablespoon lime juice and ¼ teaspoon salt in a small bowl.

4. Heat the remaining 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Add tofu, Cajun seasoning and the remaining ¼ teaspoon salt. Cook, stirring occasionally, until nicely browned, 8 to 10 minutes.

5. Top the tostadas with the tofu, slaw, beet crema and avocado.

SERVES 4: 2 tostadas each

Cal 432 **Fat** 25g (sat 5g) **Chol** 11mg **Carbs** 41g **Total sugars** 11g (added 0g) **Protein** 16g **Fiber** 10g **Sodium** 496mg **Potassium** 606mg.

Make the Cut

For flawless julienne pieces, trim a thin slice off the bottom of the mango. Stand it on that end and cut the skin off with a sharp knife. Slice along both sides of the flat pit to yield two large pieces. Turn the pit parallel to you and cut the two smaller pieces of fruit from each side. Thinly slice each piece into long matchsticks.

RECIPE BY BREANA LAI KILLEEN

Sweet Potato, Broccoli & Wild Rice Hash

ACTIVE: 30 min **TOTAL:** 30 min

Cooking this hash in cast iron ensures you'll get crusty bits, but any nonstick skillet will work fine. Serve with your favorite hot sauce.

- **2 tablespoons extra-virgin olive oil plus 1 teaspoon, divided**
- **1 pound sweet potato (1 large), peeled and cut into ½-inch pieces (3½ cups)**
- **½ teaspoon salt, divided**
- **2 cups small broccoli florets**
- **3 small spring onions *or* scallions, sliced, whites and greens separated, divided**
- **1 clove garlic, minced**
- **1 cup cooked wild rice *or* wild rice blend**
- **2 tablespoons chopped flat-leaf parsley**
- **2 tablespoons finely chopped fresh tarragon**
- **4 large eggs**

1. Heat 1 tablespoon oil in a large cast-iron or nonstick skillet over medium heat. Add sweet potatoes and season with ¼ teaspoon salt. Cook, stirring often, until lightly browned and softened, 8 to 10 minutes. Add broccoli and 1 tablespoon oil; cook, stirring occasionally, until softened, 3 to 5 minutes. Add spring onion (or scallion) whites and garlic; cook, stirring, for 1 minute. Stir in rice, spring onion (or scallion) greens, parsley and tarragon and remove from heat. Transfer to a plate and cover to keep warm.

2. Heat the remaining 1 teaspoon oil in the pan over medium heat. Crack eggs into the pan and season with the remaining ¼ teaspoon salt. Cook to desired doneness, 1½ to 2 minutes for a runny yolk and 3½ to 4 minutes for a firmer yolk. Serve the eggs on top of the hash.

SERVES 4: 1 egg & 1 cup hash each

Cal 265 **Fat** 13g (sat 3g) **Chol** 186mg **Carbs** 27g **Total sugars** 6g (added 0g) **Protein** 11g **Fiber** 4g **Sodium** 401mg **Potassium** 612mg.

RECIPE BY BREANA LAI KILLEEN

TIMESAVING TIP

Cultivated wild rice can take up to an hour to cook. To get that delicious earthy flavor (plus fiber you wouldn't get from white rice) fast, opt for a packet of precooked.

Apricot-Glazed Chicken with Quinoa Pilaf

ACTIVE: 40 min **TOTAL:** 40 min

A bitter-tasting compound called saponin coats the outside of quinoa seeds, requiring a quick rinse to remove it. But check the package: some brands come pre-rinsed, saving you a step.

- **2 cups water**
- **1 cup quinoa**
- **¼ cup apricot jam**
- **2 tablespoons cider vinegar**
- **Pinch of cayenne pepper**
- **1 tablespoon minced fresh ginger**
- **½ cup sliced almonds, toasted**
- **½ cup chopped dried apricots**
- **¼ cup chopped pitted Castelvetrano olives**
- **¼ cup chopped fresh parsley**
- **½ teaspoon salt, divided**
- **2 tablespoons extra-virgin olive oil**
- **1 pound boneless, skinless chicken thighs, trimmed**

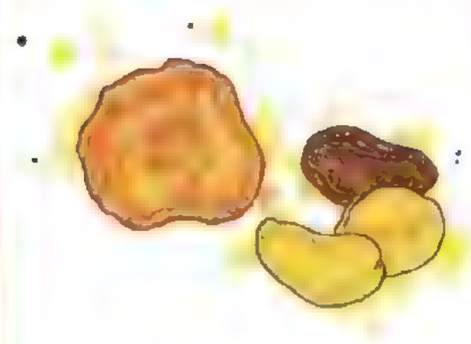
1. Bring water and quinoa to a boil in a medium saucepan over high heat. Reduce heat to maintain a simmer, cover and cook until just tender, about 15 minutes. Remove from heat and fluff with a fork.

2. Meanwhile, whisk apricot jam, vinegar and cayenne in a medium bowl. Transfer 3 tablespoons to a small bowl and stir in ginger; set aside. Add almonds, apricots, olives, parsley and ¼ teaspoon salt to the medium bowl and stir to combine. Stir in the quinoa and cover to keep warm.

3. Heat oil in a large skillet over medium heat. Add chicken and sprinkle with the remaining ¼ teaspoon salt. Cook, turning occasionally, until well browned on both sides, 6 to 8 minutes total.

4. Add the reserved jam mixture and reduce heat to medium-low. Cover and cook until the chicken's internal temperature reaches 165°F and the sauce glazes the chicken, about 3 minutes more. Serve the chicken with the quinoa and drizzled with any drippings from the pan.

SERVES 4: 3 oz. chicken & 1¼ cups quinoa each **Cal** 558 **Fat** 22g (sat 3g) **Chol** 107mg **Carbs** 61g **Total sugars** 26g (added 9g) **Protein** 32g **Fiber** 7g **Sodium** 588mg **Potassium** 977mg.



A PRIMER ON APRICOTS

Depending on where they come from, dried apricots can taste quite different! Turkish (or Mediterranean) apricots are dried and then pitted, resulting in a plumper fruit with an almost gel-like texture. California apricots are halved, pitted, then dried, which produces a flatter, firmer fruit that's more tart. No matter where they hail from, most dried apricots have added sulfur to retain their bright hue; unsulfured ones are browner.

Creamy Chicken & Mushroom Pasta

ACTIVE: 30 min **TOTAL:** 30 min

Ricotta cheese is the key to this creamy pasta dish made without the cream. It melts down along with Parmesan into a luscious cheesy sauce, thanks to a little pasta-cooking water. For the smoothest results, use freshly grated Parmesan—pre-grated cheese often contains cellulose that can prevent melting.

- **8 ounces whole-wheat cavatappi *or* penne**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 pound boneless, skinless chicken breast, trimmed and thinly sliced**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **8 ounces mixed mushrooms, sliced**
- **3 cloves garlic, minced**
- **2 tablespoons chopped fresh thyme *and/or* sage, plus more for garnish**
- **¼ cup dry white wine**
- **2 tablespoons lemon juice**
- **1 cup part-skim ricotta cheese**
- **¾ cup grated Parmesan cheese, plus more for garnish**
- **4 cups baby spinach, coarsely chopped**

1. Bring a large pot of water to a boil. Cook pasta according to package directions. Reserve 1 cup of the cooking water, then drain.

2. Meanwhile, heat 1 tablespoon oil in a large skillet over medium-high heat. Add chicken and sprinkle with ¼ teaspoon each salt and pepper. Cook, stirring occasionally, until cooked through, 5 to 8 minutes. Transfer the chicken to a plate.

3. Add the remaining 1 tablespoon oil to the pan. Add mushrooms and cook, stirring once, until browned, 2 to 4 minutes. Add garlic, herbs and the remaining ¼ teaspoon each salt and pepper; cook, stirring, until fragrant, about 1 minute. Add wine and lemon juice and cook, scraping up any browned bits, for 1 minute. Reduce heat to medium-low.

4. Mix ricotta and Parmesan in a small bowl and add to the pan along with ½ cup of the reserved cooking water. Stir until creamy. Add the pasta and toss to coat with the sauce, adding more of the water to thin if needed. Stir in spinach and the chicken. Garnish with more Parmesan and herbs, if desired.

SERVES 4: 1½ cups each

Cal 578 **Fat** 20g (sat 7g) **Chol** 95mg **Carbs** 53g **Total sugars** 3g (added 0g) **Protein** 45g **Fiber** 7g **Sodium** 729mg **Potassium** 832mg.

STYLING: LAUREN MCANELLY (FOOD); RECIPE BY DEVON O'BRIEN

Roasted Salmon with Lentil "Caviar"

ACTIVE: 20 min **TOTAL:** 30 min

In this lovely presentation, black lentils combined with capers, lemon and parsley mimic caviar in looks and texture for a unique salmon topping.

- **2 cups water**
- **½ cup black lentils, picked over and rinsed**
- **3 tablespoons capers, rinsed and chopped**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 tablespoon lemon juice**
- **1 tablespoon finely chopped fresh parsley, plus more for garnish**
- **½ teaspoon salt, divided**
- **1¼ pounds wild-caught salmon fillet, pin bones removed**
- **½ teaspoon ground coriander**
- **½ teaspoon ground cumin**
- **¼ teaspoon ground white pepper**

1. Preheat oven to 475°F.

2. Bring water and lentils to a simmer in a medium saucepan over medium-high heat. Reduce heat to maintain a simmer, cover and cook until the lentils are tender, 15 to 20 minutes. Drain and transfer to a medium bowl. Stir in capers, 1 tablespoon oil, lemon juice, parsley and ¼ teaspoon salt.

3. Meanwhile, pat salmon dry and place on a baking sheet. Combine coriander, cumin, white pepper and the remaining 1 tablespoon oil and ¼ teaspoon salt in a small bowl; brush on top of the salmon. Roast until the fish flakes easily, 8 to 10 minutes. Serve the lentils with the salmon and garnish with more parsley, if desired.

SERVES 4: 4 oz. salmon & ⅓ cup lentils each
Cal 354 **Fat** 16g (sat 2g) **Chol** 78mg **Carbs** 16g **Total sugars** 0g (added 0g) **Protein** 35g **Fiber** 5g **Sodium** 509mg **Potassium** 708mg.

RECIPE BY ADAM DOLGE

Beef & Bulgur Sloppy Joes

ACTIVE: 25 min **TOTAL:** 25 min

This twist on the classic sandwich has all the sweet-and-savory flavors you crave in a sloppy Joe, but by swapping in some bulgur for half of the ground beef you cut some saturated fat and get an extra gram of fiber in each serving (the whole-wheat bun and veggies add 6g more). Serve with a side of napkins—you'll need 'em!

- **2 tablespoons extra-virgin olive oil**
- **½ cup chopped onion**
- **½ cup chopped green bell pepper**
- **2 cloves garlic, minced**
- **8 ounces lean ground beef**
- **¼ cup bulgur**
- **2 tablespoons chili powder**
- **1 teaspoon smoked paprika**
- **¼ teaspoon salt**
- **½ cup water**
- **⅓ cup ketchup**
- **⅓ cup no-salt-added tomato sauce**
- **1 tablespoon Worcestershire sauce**
- **4 whole-wheat hamburger buns, split**

1. Heat oil in a large skillet over medium-high heat. Add onion, bell pepper and garlic. Cook, stirring occasionally, until softened and beginning to brown, about 3 minutes.

2. Add beef, bulgur, chili powder, paprika and salt. Cook, stirring and breaking up the beef with a wooden spoon, until the meat is no longer pink, 3 to 4 minutes.

3. Add water, ketchup, tomato sauce and Worcestershire. Reduce heat to low, cover and cook, stirring once or twice, until the bulgur is tender, 10 to 12 minutes. Divide the mixture among buns (about ½ cup each).

SERVES 4: 1 sandwich each

Cal 383 **Fat** 15g (sat 4g) **Chol** 37mg **Carbs** 42g **Total sugars** 10g (added 6g) **Protein** 14g **Fiber** 7g **Sodium** 741mg **Potassium** 536mg.

RECIPE BY HILARY MEYER

BOOST IT WITH BULGUR

This quick-cooking whole grain is made by parboiling, drying and grinding or cracking wheat berries. It can be fine or coarse—the latter best mimics ground beef for this recipe.

Roasted Maple-Glazed Chicken & Carrots

ACTIVE: 10 min **TOTAL:** 30 min

Olive oil and maple syrup transform into a sticky-sweet sauce in the hot oven. Drizzling the chicken drippings over the carrots amps up their flavor even more.

- **1 tablespoon finely chopped fresh rosemary plus 2 sprigs, divided**
- **¾ teaspoon salt, divided**
- **¼ teaspoon ground pepper**
- **4 bone-in, skin-on chicken thighs (about 1¾ pounds total)**
- **1 pound medium carrots, scrubbed and halved lengthwise if large**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons pure maple syrup**

1. Position racks in upper and lower thirds of oven; preheat to 450°F.

2. Combine chopped rosemary, ½ teaspoon salt and pepper in a small bowl. Rub the mixture under the chicken skin and over any exposed meat. Place the chicken, skin-side up, on a large rimmed baking sheet. Arrange carrots in an even layer on another large rimmed baking sheet.

3. Whisk oil and maple syrup in a small bowl. Brush over the chicken and carrots. Sprinkle the carrots with the remaining ¼ teaspoon salt and add rosemary sprigs to the pan.

4. Roast the chicken on the upper rack until golden and an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 20 to 25 minutes. At the same time, roast the carrots on the lower rack, stirring once, until tender and caramelized, 20 to 25 minutes. Drizzle the chicken drippings over the carrots and toss to coat. Serve the chicken with the carrots.

SERVES 4: 3 oz. chicken & ¾ cup carrots each
Cal 299 **Fat** 15g (sat 3g) **Chol** 124mg **Carbs** 17g **Total sugars** 11g (added 6g) **Protein** 24g **Fiber** 3g **Sodium** 606mg **Potassium** 604mg.

RECIPE BY DEVON O'BRIEN

Caesar Salad with Crispy Artichokes

ACTIVE: 20 min **TOTAL:** 20 min

This Caesar salad skips croutons in favor of cheesy pan-fried artichokes for an extra boost of vegetables and the same satisfying crunch.

- ¼ cup all-purpose flour
- 1 large egg
- ½ cup panko breadcrumbs
- 6 tablespoons grated Parmesan cheese, divided, plus more for garnish
- 1 14-ounce can whole artichoke hearts, rinsed and halved
- 5 tablespoons extra-virgin olive oil, divided
- 2 tablespoons mayonnaise
- 2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- ½ clove garlic, grated
- ½ teaspoon anchovy paste (optional)
- 2 large romaine hearts (1 pound total), chopped
- Freshly ground pepper to taste

1. Place flour in a shallow dish. Lightly beat egg in another shallow dish. Combine panko and 4 tablespoons Parmesan in a third shallow dish. Pat artichokes dry. Toss artichokes in the flour to coat. Dip in the egg, letting excess drip off. Then roll in the panko mixture.

2. Heat 3 tablespoons oil in a large nonstick skillet over medium-high heat. Add the artichoke hearts and cook, flipping once, until crispy and golden on both sides, 1 to 2 minutes per side. Transfer to a paper-towel-lined plate.

3. Whisk mayonnaise, lemon juice, mustard, garlic, anchovy paste, if using, and the remaining 2 tablespoons each oil and Parmesan in a large bowl until combined. Toss romaine with the dressing until coated. Serve with the crispy artichoke hearts and garnish with pepper and more Parmesan, if desired.

SERVES 4: 2½ cups each

Cal 320 **Fat** 26g (sat 4g) **Chol** 32mg **Carbs** 16g **Total sugars** 2g (added 0g) **Protein** 7g **Fiber** 3g **Sodium** 371mg **Potassium** 315mg.

RECIPE BY HILARY MEYER

Scan with your phone's camera for 27 more artichoke recipes you'll love.

Cheesy Mushroom & Leek Toasts

ACTIVE: 20 min **TOTAL:** 20 min

Salty Kalamata olives and prosciutto add a hit of flavor to the sautéed mushrooms and leeks that top these toasts. Gooey mozzarella holds it all together.

- 4 slices multigrain country bread (8 ounces total)
- 3 tablespoons extra-virgin olive oil, divided
- ½ clove garlic
- 4 cups sliced mixed mushrooms (10 ounces)
- 1 medium leek, thinly sliced, rinsed well and patted dry (1½ cups)
- ⅛ teaspoon ground pepper
- Pinch of salt
- ¼ cup pitted Kalamata olives, coarsely chopped
- 2 thin slices prosciutto (1 ounce), halved and quartered
- 2 ounces thinly sliced fresh mozzarella cheese, torn
- 4 teaspoons chopped fresh parsley

1. Position rack in upper third of oven; preheat broiler to high. Brush bread with 1 tablespoon oil. Broil until golden and crispy on one side, about 2 minutes. When cool enough to handle, rub the toasted side with the cut side of the garlic. (Discard leftover garlic.)

2. Heat the remaining 2 tablespoons oil in a large skillet over medium-high heat. Add mushrooms in an even layer. Cook, without stirring, for 4 minutes. Add leek, pepper and salt and cook, stirring occasionally, until the mushrooms are golden brown and the leek is tender, 4 to 5 minutes more.

3. Divide the mushroom mixture, olives, prosciutto and mozzarella over the toasted sides of the bread. Broil until the cheese is melted, about 2 minutes. Sprinkle with parsley.

SERVES 4: 1 toast each

Cal 358 **Fat** 19g (sat 4g) **Chol** 16mg **Carbs** 33g **Total sugars** 6g (added 0g) **Protein** 16g **Fiber** 6g **Sodium** 659mg **Potassium** 472mg.

COZI

Get *EatingWell* recipes on the go, plan meals and track the grocery list with Cozi, the meal-planning and organizing app for families—download it free in the app store.

RECIPE BY HILARY MEYER

ENOUGH.

Did you know:
48,000,000 pounds of waste enter oceans each day,* and recent reports indicate that number may have increased 27% since recycling started to collapse.**

LET'S **FIX IT.**

Text **FIX IT** to **40649**
to ask your elected officials to be part of *the* most proven and effective solution to fix recycling.

The nonprofit organization, Recycle Across America created the first and only standardized labels for recycling bins. This simple solution is referred to as **"one of the most important environmental fixes taking root today"** by the New York Times; is listed as **"one of the top ten solutions to reverse climate change"** by Rea Leaders; and is deemed **"a world-changing solution"** by Ashoka.

To learn more about this solution and how to reduce waste and recycle right, visit
www.RecycleAcrossAmerica.org

recycle across america®
recycle right!

*World Watch Institute **Reuters Oct 2019
Message and data rates may apply. Text STOP to cancel or HELP for help
Go to recycleacrossamerica.org/privacy-policy for privacy and terms

Seared Scallops with Green Goddess Slaw

ACTIVE: 20 min **TOTAL:** 20 min

Avocado, yogurt and buttermilk lend creaminess to the herbaceous dressing coating this salad.

- **1 avocado**
- **¾ cup buttermilk**
- **¼ cup nonfat plain yogurt**
- **½ cup chopped fresh parsley**
- **2 tablespoons chopped fresh chives**
- **3 tablespoons lemon juice**
- **¼ teaspoon salt, divided**
- **6 cups shredded napa cabbage**
- **2 cups thinly sliced snow peas**
- **2 cups matchstick-cut carrots**
- **1 cup thinly sliced radishes**
- **1 tablespoon canola oil**
- **1 pound dry sea scallops, side muscle removed**
- **¼ teaspoon ground pepper**

1. Combine avocado, buttermilk, yogurt, parsley, chives, lemon juice and ⅛ teaspoon salt in a blender. Blend on high until smooth. Pour into a large bowl and add cabbage, snow peas, carrots and radishes; toss to coat.

2. Heat oil in a large cast-iron skillet over medium-high heat. Pat scallops dry and cook until browned, 1 to 2 minutes per side. Top the slaw with the scallops and sprinkle with pepper and the remaining ⅛ teaspoon salt.

SERVES 4: 3 oz. scallops & 2¼ cups salad each **Cal** 296 **Fat** 13g (sat 2g) **Chol** 33mg **Carbs** 25g **Total sugars** 10g (added 0g) **Protein** 20g **Fiber** 8g **Sodium** 724mg **Potassium** 924mg.

Nothing Fishy Here

All farmed sea scallops are a sustainable choice, so you really can't go wrong, according to *SeafoodWatch.org*. For wild, look for Weathervane scallops from Alaska.

RECIPE BY ADAM DOLGE

CHANGE IS POSSIBLE

Fact: You have options when facing a lung cancer diagnosis.

Learning all that you can about a diagnosis and what options are available can bring more than just hope. It can be the key to accessing treatments that help make long-term survival possible.

Lung cancer clinical trials may be the right option for you or a loved one.

For more information on lung cancer and cancer clinical trials, visit StandUpToCancer.org/LungCancer

COMMON
Stand Up To Cancer Ambassador

Fact:
Lung cancer is the leading cause of cancer deaths in the United States.

Fact:
Over 25,000 Black Americans were diagnosed with lung cancer in 2019 alone.

Fact:
New treatments are being discovered every day, and they may be available to you.

Photo By
Matt Sayles

This Public Service Announcement was made possible by a charitable donation from

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STAND UP TO CANCER®

Stand Up To Cancer is a division of the Entertainment Industry Foundation (EIF), a 501(c)(3) charitable organization.

A Label to Look For

Egg cartons have become littered with claims implying better conditions for the hens. Some, like "pasture-raised," are not regulated. For the most rigorous standards look for Animal Welfare Approved or Certified Humane, both of which limit the flock size and require the birds to have ample space and be cage-free.

Asparagus, Leek & Ricotta Frittata

ACTIVE: 20 min **TOTAL:** 20 min

Serve this spring-vegetable-loaded frittata with an arugula salad and a hunk of crusty bread. Tip: *This recipe cooks quickly, so be sure to have all your ingredients prepped and ready to go.*

- **8 large eggs**
- **¼ cup crème fraîche**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**
- **2 tablespoons extra-virgin olive oil**
- **3 cups thinly sliced leeks (about 2 medium), rinsed well and patted dry**
- **1 pound asparagus, trimmed and cut into 1-inch pieces**
- **¼ cup part-skim ricotta**
- **2 tablespoons pesto**
- **¼ cup fresh basil**

1. Position rack in upper third of oven; preheat broiler.

2. Whisk eggs, crème fraîche, salt and pepper in a medium bowl; set near the stove. Heat oil in a large cast-iron skillet over medium-high heat. Add leeks and asparagus and cook, stirring frequently, until soft, 5 to 6 minutes.

3. Pour the egg mixture over the vegetables and cook, lifting the edges so uncooked egg can flow underneath, until nearly set, about 2 minutes. Dollop ricotta and pesto on top and place the pan under the broiler until the eggs are slightly browned, 1½ to 2 minutes. Let stand for 3 minutes.

4. Run a spatula around the edge of the frittata, then underneath, until you can slide or lift it out onto a cutting board or serving plate. Top with basil.

SERVES 4: 1 slice each

Cal 369 **Fat** 27g (sat 9g) **Chol** 389mg **Carbs** 14g **Total sugars** 5g (added 0g) **Protein** 18g **Fiber** 3g **Sodium** 549mg **Potassium** 424mg.

RECIPE BY BREANA LAI KILLEEN

Collard Green Salad with Peanut Vinaigrette

ACTIVE: 30 min **TOTAL:** 40 min
TO MAKE AHEAD: Refrigerate vinaigrette (Step 1) for up to 2 days.
Here, raw collard greens are massaged with a tangy peanut vinaigrette—featuring lime juice, ginger and fish sauce—to tenderize the leaves, like you would do with kale.

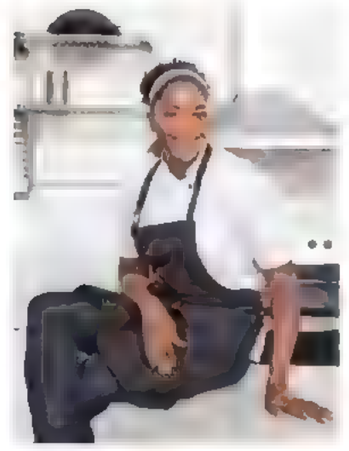
PEANUT VINAIGRETTE

- **2 tablespoons cane vinegar *or* white balsamic vinegar**
- **1 tablespoon lime juice**
- **1 clove garlic, crushed and peeled**
- **1 teaspoon grated fresh ginger**
- **¼ small shallot, sliced**
- **1 tablespoon turbinado sugar**
- **1 teaspoon fish sauce *or* crawfish powder**
- **½ teaspoon salt**
- **¼ teaspoon crushed red pepper**
- **¼ cup unsalted roasted peanuts**
- **¼ cup water, plus more if needed**
- **⅓ cup extra-virgin olive oil**

SALAD

- **1 cup thinly sliced cucumber**
- **1¾ teaspoons salt, divided**
- **1¾ teaspoons granulated sugar, divided**
- **1 pint cherry tomatoes, halved**
- **1 cup thinly sliced red onion**
- **1¼ pounds collard greens *or* kale, stemmed and chopped (8 cups)**
- **4 hard-boiled eggs, crumbled**
- **1 avocado, cubed**
- **½ cup unsalted roasted peanuts, crushed**

1. To prepare vinaigrette: Combine vinegar, lime juice, garlic, ginger, shallot, turbinado, fish sauce (or crawfish powder), ½ teaspoon salt and crushed red pepper in a blender. Blend until smooth. Add ¼ cup peanuts and water. Blend until smooth. If necessary, add more water to make the mixture move. With the motor running, slowly drizzle in oil until emulsified.
2. To prepare salad: Place cucumber in a fine-mesh sieve set over a bowl and sprinkle with 1½ teaspoons each salt and granulated sugar; toss to coat. Let sit for 15 minutes. Rinse and drain on a paper towel. Place tomatoes in a medium bowl and sprinkle with the remaining ¼ teaspoon each salt and sugar. Place onion in a small bowl and cover with water. Drain and repeat 3 times. Drain on a paper towel.
3. Place greens in a large bowl. Add the vinaigrette and massage it into the greens until softened. Add the cucumber, tomatoes and onion and toss to coat. Serve topped with eggs, avocado and crushed peanuts.
SERVES 4: 2½ cups each
Cal 565 **Fat** 46g (sat 8g) **Chol** 187mg **Carbs** 26g **Total sugars** 12g (added 4g) **Protein** 18g **Fiber** 10g **Sodium** 750mg **Potassium** 938mg.



Chef Dawn Burrell

A *Top Chef* finalist and James Beard Award nominee, this decorated chef is also an Olympian. She found her love of food while traveling the world with the USA Track & Field team. That journey is what inspired her signature global comfort cooking style, which explores the intersection of African and Asian foods, as seen in this salad.

INSET: JENN DUNCAN

GET CRAFTY

We like to cut the tortillas into strips, but kids can make fun shapes with cookie cutters or cut them freehand. You may need to adjust the baking time slightly depending on the size.

Chip Chip Hooray!

Young cooks can learn how to make oven-baked tortilla chips with these easy tips. **By Joy Howard**

Why Homemade Store-bought tortilla chips are usually made by deep-frying corn tortillas. We skip the mess (and dangerous hot oil) by baking them at home. You still get crispy results and save on sodium.

In a Jiff Lightly brush corn tortillas with oil while they're whole, then cut them into strips. It's faster (and less messy) than brushing each piece.

Bake & Cool The oil helps the tortillas crisp up and prevents them from sticking to the pan. Keep close watch at the end of baking so they don't burn. They also get crisper as they cool, so resist the urge to eat them for at least a few minutes.

Chicken Tortilla Soup

ACTIVE: 45 min **TOTAL:** 45 min

- **4 corn tortillas**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 large onion, chopped**
- **2 cloves garlic, minced**
- **1 teaspoon smoked paprika**
- **½ teaspoon salt**
- **¼ teaspoon chipotle chile powder**
- **1 14-ounce can fire-roasted diced tomatoes**
- **4 cups low-sodium chicken broth**
- **12 ounces boneless, skinless chicken breasts, trimmed**
- **2 cups fresh or frozen corn**
- **2 tablespoons lime juice, plus lime wedges for serving**
- **3 tablespoons chopped fresh cilantro**
- **Sliced radishes and black pepper for garnish**

1. Preheat oven to 350°F. Brush tortillas on both sides with 1 tablespoon oil, then slice into ½-inch-wide strips. Arrange on a rimmed baking sheet. Bake until crisp, flipping halfway through, about 10 minutes. Set aside.

2. Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until soft, about 3 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in paprika, salt and chile powder, followed by tomatoes. Add broth and bring to a simmer.

3. Add chicken, partially cover and continue to simmer, turning the chicken occasionally, until its internal temperature reaches 165°F, 15 to 18 minutes. Transfer the chicken to a clean cutting board. Add corn to the pot and cook until warmed through, about 4 minutes. Remove from heat.

4. Shred the chicken and stir it into the soup, along with lime juice. Top each serving with the tortilla strips and cilantro. Serve with lime wedges and garnish with radishes and pepper, if desired.

SERVES 6: 1⅓ cups each
Cal 226 **Fat** 7g (sat 1g) **Chol** 41mg **Carbs** 24g **Total sugars** 4g (added 0g) **Protein** 17g **Fiber** 3g **Sodium** 422mg **Potassium** 346mg.

Roasted Asparagus with Chive-Anchovy Butter

ACTIVE: 25 min **TOTAL:** 25 min

Lemon zest, anchovies, chives and garlic add bright savoriness to the butter coating this asparagus.

- **1 pound asparagus, trimmed**
- **1 tablespoon extra-virgin olive oil**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **½ cup fresh whole-wheat breadcrumbs**
- **2 tablespoons butter, at room temperature**
- **2 tablespoons minced chives**
- **3 anchovy fillets, minced**
- **2 cloves garlic, grated**
- **Zest and juice of 1 lemon**

1. Place a rimmed baking sheet in the oven; preheat to 450°F.
2. Toss asparagus with oil, salt and pepper in a medium bowl. Transfer to the hot pan. Roast until browned and tender-crisp, 4 to 6 minutes.
3. Meanwhile, toast breadcrumbs in a small skillet over medium-high heat, stirring, until crispy, 3 to 5 minutes.
4. Mash butter, chives, anchovies, garlic and lemon zest in the bowl with a fork.
5. Add the hot asparagus to the butter, drizzle with lemon juice and toss to coat. Serve sprinkled with the breadcrumbs.

SERVES 4: ½ cup each
Cal 141 **Fat** 10g (sat 4g) **Chol** 18mg **Carbs** 11g **Total sugars** 1g (added 0g) **Protein** 4g **Fiber** 2g **Sodium** 276mg **Potassium** 164mg.

Grilled Baby Bok Choy with Soy-Lime Dressing

ACTIVE: 25 min **TOTAL:** 25 min

Baby bok choy cooks up fast compared to its mature counterpart, making it a great easy weeknight side. Drizzle with the dressing right when it comes off the grill so it soaks up the flavor.

- **2 tablespoons reduced-sodium tamari *or* soy sauce**
- **2 tablespoons lime juice**
- **2 tablespoons peanut oil *or* canola oil, divided**
- **1 teaspoon honey**
- **1 teaspoon chopped shallot**
- **4 medium heads baby bok choy (about 12 ounces)**

1. Preheat grill to medium high.
2. Whisk tamari (or soy sauce), lime juice, 1 tablespoon oil, honey and shallot in a small bowl.
3. Cut bok choy in half lengthwise, keeping the root end intact. Brush the remaining 1 tablespoon oil over the cut sides. Grill the bok choy, cut-side down, until charred in spots, about 2 minutes. Flip and continue grilling until tender-crisp, 1 to 2 minutes more. Whisk the dressing again and drizzle over the cut sides of the bok choy before serving.

SERVES 4: 2 bok choy halves each
Cal 85 **Fat** 7g (sat 1g) **Chol** 0mg **Carbs** 4g **Total sugars** 3g (added 1g) **Protein** 2g **Fiber** 1g **Sodium** 399mg **Potassium** 201mg.

RECIPES BY ADAM DOLGE, HILARY MEYER

Scan with your phone's camera for the best way to store asparagus and keep it fresh.

Keep a Lid on It

Slow cookers get their magic from utilizing trapped hot air to cook what's inside. Opening the lid releases heat and moisture and, ultimately, slows the cooking process down. Each time you lift the lid, it can take the slow cooker up to 30 minutes to return to temperature—so no peeking!

Slow-Cooker Spicy Red Pepper Chicken

ACTIVE: 20 min **TOTAL:** 3 hrs 20 min *or* 6 hrs 20 min
EQUIPMENT: 6-qt. slow cooker

This chicken has all the flavors of piri piri chicken, a Portuguese dish that usually marinates in a seasoned bell pepper sauce for hours before being grilled. Our take braises in a slow cooker first, then hits the broiler to get a little char.

- **2 small yellow onions, divided**
- **2 large lemons, divided**
- **½ cup low-sodium chicken broth, divided**
- **1 large red bell pepper, chopped**
- **3 cloves garlic, chopped**
- **1 2-inch piece fresh ginger, peeled and coarsely chopped**
- **1 tablespoon smoked paprika**
- **1 teaspoon cayenne pepper**
- **¾ teaspoon salt, divided**
- **2 tablespoons extra-virgin olive oil**
- **1 4-pound chicken, giblets removed**

1. Slice 1 onion and 1 lemon into thick rounds; spread in an even layer in a 6-quart slow cooker. Chop the remaining onion and juice the remaining lemon; transfer to a blender. Add ¼ cup broth, bell pepper, garlic, ginger, paprika, cayenne and ½ teaspoon salt. Puree until very smooth, about 1 minute. Transfer ¼ cup of the sauce to a small bowl and whisk in oil. Refrigerate until needed.

2. Add chicken to the slow cooker. Pour the remaining sauce over it. Swirl the remaining ¼ cup broth in the blender to get all the remaining sauce; pour over the chicken. Cover and cook until an instant-read thermometer registers 165°F when inserted in the thickest part of the meat without touching bone, about 3 hours on High or 6 hours on Low.

3. Position rack in upper third of oven; preheat broiler to high. Carefully transfer the chicken to a broiler-safe baking pan or cast-iron pan (discard remaining cooking liquid). Brush with the reserved sauce. Broil until starting to lightly brown, 5 to 8 minutes.

SERVES 6: 3 oz. each
Cal 256 **Fat** 12g (sat 3g) **Chol** 87mg **Carbs** 6g **Total sugars** 2g (added 0g) **Protein** 29g **Fiber** 2g **Sodium** 384mg **Potassium** 380mg.

RECIPE BY BREANA LAI KILLEEN

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CHANGE STARTS WITH YOU.

"When we all speak up for nature, the sky is the limit."

ANGELA BASSETT
Actress, Director, Producer & Activist

The actions we take for nature now will define our planet's future. As we face rapid climate change and biodiversity loss, our collective voices have the power to make progress—to make history. Act today:
nature.org/SpeakUp

The Nature Conservancy

SPEAK UP FOR NATURE

WOCRJ 21005

Rice Pudding with Pistachios

ACTIVE: 1 hr **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Refrigerate for up to 1 day.

This homey rice pudding is a nostalgic favorite in Cyprus, with a cinnamon and pistachio topping that hints at the Ottoman and Middle Eastern influences on the island's culinary traditions.

- **1½ cups water**
- **¾ cup arborio rice *(see Tip)***
- **3 cups low-fat milk**
- **¼ cup granulated sugar**
- **1 cinnamon stick**
- **1 3-inch-by-1-inch strip lemon zest**
- **⅛ teaspoon salt**
- **2 large egg yolks**
- **¼ teaspoon vanilla extract**
- **¼ cup chopped salted pistachios**
- **¼ teaspoon ground cinnamon**

1. Combine water and rice in a medium saucepan. Bring to a boil over medium-high heat. Reduce heat to maintain a simmer and cook until the rice is not quite tender and the water is absorbed, about 10 minutes.

2. Add milk, sugar, cinnamon stick, lemon zest and salt to the rice. Bring to a boil over medium heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until the rice is very soft, 12 to 15 minutes. Remove from heat.

3. Whisk egg yolks in a medium bowl until smooth. Whisk 1 cup of the rice mixture into the egg yolks. Scrape the mixture into the saucepan and cook over low heat, stirring constantly, until the mixture coats the back of a spoon, 2 to 3 minutes. Remove from heat and stir in vanilla. Cover and let stand for 15 minutes. Discard cinnamon stick and lemon zest.

4. Serve the rice pudding warm or chilled, topped with pistachios and ground cinnamon.

SERVES 8: ½ cup each

Cal 159 **Fat** 4g (sat 1g) **Chol** 51mg **Carbs** 26g **Total sugars** 11g (added 6g) **Protein** 6g **Fiber** 1g **Sodium** 97mg **Potassium** 182mg.

TIP: If you prefer brown rice, use 2 cups water and cook rice for 15 to 20 minutes in Step 1. Use 4 cups milk and cook for 30 to 35 minutes in Step 2.

Think white rice is a no-no? Scan with your phone's camera to find out why it's OK.

PENNY DE LOS SANTOS, RECIPE BY JEN ROSE SMITH

People living with **plaque psoriasis** are rethinking the choices they make, like

the spin they initiate

The **first and only** pill approved by the FDA to treat **all severities of plaque psoriasis**

Otezla is a different choice

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After 4 months of treatment:

- For **mild to moderate plaque psoriasis**, over 5 times more patients taking Otezla (22%) **achieved clearer skin** compared to placebo (4%)
- For **moderate to severe plaque psoriasis, 75% clearer skin** is achievable

The Otezla Prescribing Information has **no requirement for initial or routine blood testing**

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See Before and After photos of moderate to severe plaque psoriasis patients.

Otezla® (apremilast) 30mg tablets

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APPROVED USE

Otezla® (apremilast) is a prescription medicine used to treat adult patients with plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

IMPORTANT SAFETY INFORMATION

You must not take Otezla if you are allergic to apremilast or to any of the ingredients in Otezla.

Otezla can cause allergic reactions, sometimes severe. Stop using Otezla and call your healthcare provider or seek emergency help right away if you develop any of the following symptoms of a serious allergic reaction: trouble breathing or swallowing, raised bumps (hives), rash or itching, swelling of the face, lips, tongue, throat or arms.

Otezla can cause severe diarrhea, nausea, and vomiting, especially within the first few weeks of treatment. Use in elderly patients and the use of certain medications with Otezla appears to increase the risk of complications from having severe diarrhea, nausea, or vomiting. Tell your doctor if any of these conditions occur.

Otezla is associated with an increase in depression. In clinical studies, some patients reported depression, or suicidal behavior while taking Otezla. Some patients stopped taking Otezla due to depression. Before starting Otezla, tell your doctor if you have had feelings of depression, or suicidal thoughts or behavior. Be sure to tell your doctor if any of these symptoms or other mood changes develop or worsen during treatment with Otezla.

Some patients taking Otezla lost body weight. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will decide if you should continue taking Otezla.

Some medicines may make Otezla less effective and should not be taken with Otezla. Tell your doctor about all the medicines you take, including prescription and nonprescription medicines.

The most common side effects of Otezla include diarrhea, nausea, upper respiratory tract infection, tension headache, and headache. These are not all the possible side effects with Otezla. Ask your doctor about other potential side effects. Tell your doctor about any side effect that bothers you or does not go away.

Tell your doctor if you are pregnant, planning to become pregnant or planning to breastfeed.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-332-1088.

Please see Brief Summary of Prescribing Information on the next page.

*Only for eligible commercially insured patients. Subject to restrictions and limitations.

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- If approved by your health insurance plan to take Otezla, you can pay as little as $0 per month, up to an annual maximum benefit. This applies to your out-of-pocket costs, including deductible, co-insurance, and co-payments for Otezla. You are responsible for costs above the annual maximum. Please see full Terms and Conditions at **otezla.com/copay**.
- If your plan requires a pre-authorization or you are experiencing a delay in obtaining approval for Otezla, you can qualify for the Bridge to Commercial Coverage Offer and receive Otezla free for up to 12 prescription fills within 12 months while pursuing approval from your health plan. No purchase necessary. Please see full Terms and Conditions at **otezla.com/copay**.

We've got you covered

If you are uninsured or underinsured, Otezla SupportPlus can put you in touch with the Amgen Safety Net Foundation, a non-profit patient assistance program sponsored by Amgen that helps qualifying patients access Otezla and other Amgen medicines at no cost.

If you have Medicare or Medicaid coverage, our team of Insurance Solutions Specialists can assist you with any questions you may have about your plan. Our team is knowledgeable in Medicaid and can also review the Medicare Part D plan phases to help you understand what you can anticipate.

For all Otezla savings questions: call **Otezla SupportPlus™** at **1-844-4OTEZLA**, Monday–Friday from 8 AM to 8 PM (ET).

Otezla® SUPPORTPLUS™

Brief Summary of Prescribing Information
OTEZLA® (oh-TEZ-lah) (apremilast) Tablets

Rx Only

This information does not take the place of talking to your doctor about your medical condition or treatment. If you have any questions about OTEZLA® (apremilast), ask your doctor. Only your doctor can determine if OTEZLA is right for you.

What is OTEZLA?
OTEZLA is a prescription medicine used for the treatment of adult patients with plaque psoriasis for whom phototherapy or systemic therapy is appropriate.

It is not known if OTEZLA is safe and effective in children less than 18 years of age.

Who should not take OTEZLA?
You must not take OTEZLA if you are allergic to apremilast or to any of the ingredients in OTEZLA.

What is the most important information I should know about OTEZLA?
OTEZLA may cause serious side effects:

Allergic Reactions, sometimes severe, occurred in some patients taking OTEZLA. Stop using Otezla and call your healthcare provider or seek emergency help right away if you develop any of the following symptoms of a serious allergic reaction: trouble breathing or swallowing, raised bumps (hives), rash or itching, swelling of the face, lips, tongue, throat or arms.

Diarrhea, Nausea, and Vomiting have been reported in some patients taking OTEZLA and in some cases, patients required hospitalization. Most events happened within the first few weeks of starting OTEZLA and occurred more in patients taking medications to reduce blood pressure or in those patients 65 years of age or older. Tell your doctor if any of these occur.

Depression was reported by some patients taking OTEZLA. Before taking OTEZLA, tell your doctor if you have had feelings of depression, suicidal thoughts, or suicidal behavior. You, your caregivers, and family members should be alert for the development or worsening of depression, suicidal thoughts, or other mood changes. If such changes occur, contact your doctor. Your doctor will determine whether you should continue taking OTEZLA.

Weight loss occurred in some patients taking OTEZLA. Your doctor should monitor your weight regularly. If unexplained or significant weight loss occurs, your doctor will consider whether you should continue taking OTEZLA.

Some medicines should not be taken with OTEZLA as they may make OTEZLA less effective. Tell your doctor about all the medications you take, including prescription and nonprescription medications.

What should I tell my doctor before taking OTEZLA?
Tell your doctor if you:
- have had feelings of depression, suicidal thoughts, or suicidal behavior
- have any kidney problems
- are pregnant or plan to become pregnant. It is not known if OTEZLA can harm your unborn baby.
- are breastfeeding or plan to breastfeed. It is not known if OTEZLA passes into your breast milk.

What are the side effects of OTEZLA?
- OTEZLA may cause serious side effects. See **"What is the most important information I should know about OTEZLA?"**
- **Common side effects** of OTEZLA are:
  – diarrhea
  – nausea
  – headache
  – upper respiratory tract infection
  – tension headache

These are not all the possible side effects with OTEZLA. Tell your doctor about any side effect that bothers you or does not go away. You may report side effects to the FDA at 1-800-FDA-1088.

General Information about OTEZLA
Medicines are sometimes prescribed for purposes other than those listed in their package inserts. This is a Brief Summary of important information about OTEZLA. Ask your doctor or pharmacist for more complete product information, or visit otezla.com, or call 1-844-4OTEZLA (1-844-468-3952).

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GOOD FOOD FAST

GIVE YOURSELF A BREAK

Devilishly Delicious

Put those Easter eggs to use in unexpected ways, like the ideas—including these Thai-Inspired Eggs with Tamarind Sauce—on the next page.

Photography by Ted & Chelsea Cavanaugh • Food styling by Jen Beauchesne

Take a Crack at It

Hard-boiled eggs are a hard-to-beat meal-prep workhorse. Here are 4 super-fast recipes that dial the flavor way up. **By Pooja Makhijani**

1 **Thai-Inspired Eggs with Tamarind Sauce** Halve 6 hard-boiled eggs. Cook, cut-side down, in 1 tsp. canola oil in a nonstick skillet over medium-high heat until golden brown, about 2 minutes. Transfer to a plate. Simmer 1 Tbsp. each tamarind paste and brown sugar and 1½ tsp. each fish sauce and water, stirring, until the sugar is dissolved. Drizzle the sauce over the eggs. Garnish with fried shallots, fried garlic and finely chopped fresh cilantro. **SERVES 6.**

2 **Za'atar Egg Salad Pita** Combine 4 chopped hard-boiled eggs with ¼ cup labneh (or Greek yogurt), 2 Tbsp. crumbled feta cheese, 1 Tbsp. each za'atar and extra-virgin olive oil, 2 tsp. lemon juice, ½ tsp. Aleppo pepper and ⅛ tsp. salt. Divide between 2 whole-wheat pita halves. Top each with 2 Tbsp. pickled red onion. **SERVES 2.**

3 **Smoked Salmon Chopped Salad** Chop 1 head romaine lettuce and 3 medium tomatoes; slice 4 hard-boiled eggs, 1 small red onion and ½ fennel bulb. Combine with 1 diced avocado, 4 oz. crumbled goat cheese, 3 oz. flaked smoked salmon and 3 Tbsp. finely chopped fennel fronds (or dill). Toss with ¼ cup honey-mustard dressing and 1 Tbsp. everything bagel seasoning. **SERVES 4.**

4 **Chaat Masala Deviled Eggs** Halve 6 hard-boiled eggs. Mash the yolks with 3½ Tbsp. each mayonnaise and finely chopped onion, 1 Tbsp. finely chopped jalapeño and ½ tsp. chaat masala. Pipe into the whites. Garnish with finely chopped cilantro and sev (gram flour noodles), if desired. **SERVES 6.**

Scan with your phone's camera to learn what to do with your eggshells.

NUTRITION INFO: page 103

Mindful Munchies

One thing you can do to make a difference this Earth Day? Opt for snacks with sustainability missions. These nibbles satisfy stomach grumbles while keeping the Earth in mind. **By Morgan Durick**

Sun & Swell Organic Dried Mango
140 cal, 0g added sugar, 1g protein, 3g fiber, 5mg sodium
This dried mango forgoes the sugar some other brands add. Better yet, they come in a compostable bag. No compost pile? Send it back to Sun & Swell and they'll do it for you.

Quinn Plant-Based Cheezy Style Filled Pretzel Nuggets
140 cal, 0g added sugar, 2g protein, 1g fiber, 350mg sodium
These pretzel bites feature sorghum, a gluten-free whole grain that has earned praise as a sustainable crop. It has dense roots that help sequester carbon from the air and is drought-tolerant, meaning it needs less water to grow.

Spudsy Sweet Potato Fries Vegan Ranch
140 cal, 0g added sugar, 1g protein, 1g fiber, 290mg sodium
Spudsy is reducing food waste by making these crunchy sweet potato fries exclusively from "imperfect" veggies that would otherwise have been tossed. We love the tangy ranch-dusted ones for bold flavor in every bite.

Rind Kiwi Chips
100 cal, 0g added sugar, 2g protein, 3g fiber, 0mg sodium
By keeping the fruit skins on all their products, Rind fights food waste (saving 120,000+ pounds of potential food waste in 2020). Keeping the peels also boosts nutritional benefits—in this case, it increases the fiber in these tangy chips by 50%.

Ocean's Halo Trayless Sea Salt Seaweed Snack
20 cal, 0g added sugar, 1g protein, 1g fiber, 60mg sodium
These crispy seaweed sheets recently lost their plastic tray—a change estimated to keep at least 15 million pieces of plastic waste out of oceans and landfills annually. Plus, this snack gives you an iron and omega-3 boost.

Build Your Own Brunch

We asked **Meg Quinn**, the food stylist behind *AintTooProudToMeg.com* and author of *The Cheese Board Deck,* to share her best tips and tricks for crafting an Insta-worthy waffle platter. Whether you're entertaining or just looking for a fun way to jazz up your Saturday morning, this twist on charcuterie boards lets everyone create their own breakfast masterpiece. Here's how to do it.

1

Practice Division
Use ramekins to help break up your board and contain small items, like seeds, and loose ones, like spreads. Place them before adding the rest of your ingredients.

2

Top It Off
Butter and syrup are classics, but think outside the box, too, and try things like almond butter, whipped cream and chocolate-hazelnut spread to add a variety of textures.

3

Pop with Produce
Add several types of fruit for color—berries, citrus, pomegranate arils, etc. For even more whimsy, use small cookie cutters to slice banana, pineapple or kiwi into fun shapes.

4

Plate the Main Event
Put waffles (or pancakes!) on the board last to ensure they're served warm. Heat-and-eat waffles are a great timesaver when you can't make your own.

5

Add a Final Touch
Garnish the board with fresh mint—just don't place it on the hot waffles or it will wilt.

Scan with your phone's camera for more breakfast boards to try.

This Easter, put all your eggs in one cheesecake.

YOU DON'T
JUST TASTE IT.
You feel it.

PHILADELPHIA
· SINCE 1872 ·

SCAN HERE FOR OUR ***Easter Egg Cheesecake*** RECIPE

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Pasta Power

Move over, traditional noodles: versions made with pulses are full of protein and fiber, making your favorite comfort dish even more satisfying. Here we spill the beans on the best ones we found, along with some shopping intel. **By Maxine Yeung, M.S., RD, NBC-HWC**

Find the Fiber
Some pastas that advertise legumes in their formulas are actually mostly rice or other gluten-free flours, giving them a fiber tally under 4 grams. Look for ones made exclusively with lentil, chickpea, black bean or soybean flour for the biggest benefit. Choose one with at least 5 grams per serving to get you closer to your recommended 25 to 38 grams daily.

Protein Perks
Pulse pastas pack at least 25% more protein than traditional grain-based ones. Lentil, bean and chickpea pastas average 11 to 15 grams of protein per serving, while those made with green and black soybeans have upward of 23 grams. Bean and lentil pastas are a great way to get some extra protein into a meatless meal.

Pump Iron
Legumes are loaded with iron, which is essential for keeping you energized. One serving of these pastas meets 10 to 20% of the Daily Value—an added bonus, especially for vegetarians (most traditional pastas only get you 10% DV).

NUMBERS TO LOOK FOR
Fiber: ≥ 5g
Protein: ≥ 11g
(per 2 oz. dry)

Banza Chickpea Pasta
190 cal, 11g protein, 5g fiber
Chickpeas lend nutty flavor to this pasta. We love the wide variety of shapes available, including cavatappi and wheels.

ZenB Yellow Pea Pasta
200 cal, 12g protein, 7g fiber
Made with yellow peas, this pasta has a stronger flavor than some of the others, but lends itself nicely to bold-flavored sauces.

Tolerant Organic Kids Green Lentil Safari
210 cal, 14g protein, 6g fiber
Shaped like animals including zebras and elephants, this mild green lentil pasta entices kids and adults alike.

Explore Cuisine Black Bean Spaghetti
180 cal, 24g protein, 13g fiber
All the options from this brand wowed us with their unique flavors and high fiber and protein counts. But we especially liked the dark hue of this black bean spaghetti.

Barilla Red Lentil Pasta
180 cal, 13g protein, 6g fiber
This pick had the most subtle flavor of all the red lentil pastas we tasted, making it a perfect pairing even for light sauces, like olive-oil-based ones.

Whole Foods Red Lentil Spaghetti
210 cal, 15g protein, 6g fiber
This thick and sturdy spaghetti has peppery undertones from the red lentils for a pleasant touch of flavor.

Ana's fight against a critical illness is not only physically exhausting — it is emotionally traumatic. A spark of hope can ignite a world of possibilities for Ana. With hope, she can find light in the darkness of her current circumstances. Feelings of trauma are replaced with visions of a brighter future. ***Hope is found in a wish — and you have the power to create it for children like Ana.***

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BETWEEN A WIND

How can Maine lobster, which comes from one of the most sustainable and profitable fisheries in the world, stay on the menu when conservationists and green energy companies are muddying the waters?

By
PAUL
GREENBERG

Recipes
EVAN MALLETT

Location photography
DANIEL
ALEXANDER ORR

Recipe photography
NICO SCHINCO

An offshore wind farm like this one near Block Island is in the works for the Gulf of Maine. While it could help eliminate fossil fuel use in the state, the plan is a polarizing one.

It was two hours before dawn in the village of Friendship, but for a Maine lobster crew, it was already getting late. Captain Dustin Delano, his sternman, Chris, and his bait guy, Tim, moved in coordinated loops around the deck of the *Knotty Lady*, stacking traps, thawing redfish heads and coiling lines to the gentle bass notes of engines rumbling below decks. In its own way, it had the feel of a chamber orchestra tuning up. Last cigarettes were lit, smoked and flicked away. And with that, we were off to the grounds.

An early October chill and a near total blackness cloaked us as we cleared the rocky shore, though for Captain Delano, it didn't feel in the slightest bit unclear where we were headed. He has worked the waters just inside Monhegan Island since he was a child. Ditto for Tim and Chris, who are raising their own crews of school-age kids on the money—good money—they earn during peak season. To say that these men love lobstering makes it seem a little too pat. Lobstering is the clock around which they organize their lives. Even on days off, they still wake before dawn, read the news and drink coffee with their wives.

& WHALE

Soon, though, if things go according to a ruling by a federal court in Portland, that schedule would be thrown into chaos. In accordance with a recent modification to a federal whale plan, a 950-square-mile area of prime lobster fishing grounds was set to close in an effort to protect endangered North Atlantic right whales.

In May 2021, the National Marine Fisheries Service, having conducted an Endangered Species Act review of the Northeast lobster fishery, issued a Biological Opinion that determined that entanglement risk would have to be reduced by 98% by 2030. Climate change had shifted the mammals' migration patterns, and these lobster grounds were identified as a North Atlantic right whale "hot spot." Maine lobstermen and the maze of buoy ropes they require to mark their traps risked ensnaring some of the last 350 of these animals left on Earth.

Yet some in the business—like Marianne LaCroix, executive director of the Maine Lobster Marketing Collaborative—believe that right whales have already moved away from this area ("they're rarely sighted here now," she says) and that it's difficult to assess whether closing a large portion of Maine's lobster grounds would truly result in 98% fewer right whale entanglements.

But the impact for Dustin Delano and the crew of the *Knotty Lady* is crystal clear. "We won't survive a 98% reduction," Delano told me as he caught sight of the first "high flyer," the 10-foot-high buoy that marks the endpoint of his first line of traps. "There's no way we can meet that reduction and still have a job."

Captain Dustin Delano's family has been lobstering in Friendship, Maine, for five generations.

AN ECONOMY IN JEOPARDY

When you sit down to write fisheries conservation stories, as I've been doing now for the better part of two decades, the trick is to listen for a signal from the ocean that you can hear over the drone of complaint that is endemic to fishing communities. Push-and-pull is inevitable when trying to manage a wild food source, but sometimes the sea lets you know what's needed. When American populations of the magnificent North Atlantic swordfish plummeted to their lowest levels in the '80s and '90s the signal was that, of course, a better fishery management plan was needed, including enforcing size limits and catch methods. Similarly, when New England haddock stocks nosedived, the answer, of course, was to stop factory trawlers from dragging Georges Bank where a core population had a chance of regrouping. Both measures have worked spectacularly. Now big swords swim the Gulf Stream from Florida to Nova Scotia and haddock populations have rebounded to above target levels.

Maine lobstermen have had to become environmentalists of a sort to stay in business.

But the Maine lobster paradigm defies the usual paradigm of environmentalists versus fishermen because, over the course of two highly fraught centuries, Maine lobstermen have had to become environmentalists of a sort to stay in business. In the early 1800s, Boston and New York traders began using vessels called "smacks" that allowed seawater to refresh a tank below decks—so seafood could be kept alive during transport, as lobsters must be. And it seemed like lobsters would dwindle in *Lorax*-like fashion until the coast would be picked clean of every single crustacean. Impoverished Maine communities rushed at the opportunity to make cash money from the smacks, selling lobsters of any size to the big-city traders who hopped from town to town brokering deals. Soon millions of lobsters were being whisked away every year.

Then something unexpected happened. Mainers realized they risked losing everything before they actually lost it. In 1872, a law was passed that forbade lobstermen from keeping egg-bearing females. Two years later, a second law prevented fishermen from keeping lobsters smaller than 10½ inches. And when the Great Depression hit and paused New York's and Boston's live lobster craze, Mainers took their own pause to reset. In 1933, Maine fisheries commissioner Horatio D. Crie pushed through a new "double-gauge" law, prohibiting the taking of both very small *and* very large lobsters—for a crucial principle that governs all fisheries appeared particularly relevant to lobster: If you protect the big breeders and the young-of-the-year, you stabilize the population. Just prior to the law's enactment, Crie promised, "If a double gauge measure is passed ... you will see the lobsters continue to increase from year to year. No one will ever have to feel disturbed about the depletion of the lobsters on the Maine coast."

This pledge has come true. Over the last two decades, area lobstermen have typically set records for catches one year,

WINE PAIRING

Lobster's ideal match is Champagne, but for a better deal, snag a blanc de blancs—i.e., 100% chardonnay—sparkler from the nearby Jura region. We like the NV Hubert Clavelin et Fils Chardonnay Crémant du Jura Brut Comté ($21). It's full-bodied and toasty with big bubbles.

HOW TO STEAM A LOBSTER

Bring 4 inches of water to a rolling boil in a very large pot. Add lobsters, claw-side down; cover and cook until a leg pulls out easily, about 10 minutes per pound of lobster. Remove from the pot. When cool enough to handle, remove the tail and claws from the body. Cut open the tail with kitchen shears. Insert a fork into the tail on an angle and pull out the meat. Crack open the claws with a lobster cracker or nutcracker and remove the meat from the claw and knuckle. (The body is delicious to snack on: pull off the legs, crack open the body and eat the bits of meat inside.)

The North Atlantic right whale is on a path to extinction. In 2020, [illegible] were reported in the U.S. and Canada.

NICK HAWKINS/NATURE PICTURE LIBRARY/SCIENCE PHOTO LIBRARY

only to outpace that record the next year. With that explosive success, Americans have embraced Maine's lobster with ever-greater frequency in their kitchens and restaurants.

I saw the result of all that bounty in action as traps came up over the side of the *Knotty Lady* in rapid succession, the vessel barely slowing as the catch was hauled and parsed. So ingrained was the size limit for the trap man, Chris, that an under- or oversized lobster was instantly flicked back alive into the sea without a second look. No lover of lobster cuisine himself, Chris seemed almost glad to let them go: "I eat maybe one or two of these things a year. I touch them all day, yuck." Soon, the little lobsterman chamber orchestra hit its rhythmic stride. Trap up, small lobster out, big lobster out, right-sized over to Tim who bound its claws with a bander and whisked it down a hole to a live well. Then redfish head, redfish head, speared through the eyes, down the bait needle, followed by two folded bunker fish, also down the needle to an attached rope fixed inside the "kitchen" of the trap. Door close, door close, buoy line zipping out, rope drawing tight, a little lift to launch the trap back out over the gunwale and down to the ocean floor. From haul to reset, the whole thing took 15 seconds.

As the *Knotty Lady* worked her line, a half-dozen other lobstermen chamber orchestras performed the same theme with variations of vessel size around us. But all of them, unlike industrial fleets in other fisheries, were owner-operated. Maine's unique compromise with the sea forbids absentee ownership of a lobster boat. This has created a diverse flotilla comprised of 3,670 captains and 5,570 crew members. Also unlike other fisheries, where the average age of fishermen just gets older and older, the state issues 1,095 student licenses annually—the equivalent of a lobstering learner's permit—allowing young people to gradually work their way into the fishery rather than cough up an insurmountable upfront cost. Over time, many of these student lobstermen ascend to captainship, a career well worth pursuing. In all, the Maine lobster boats bring in $500 million a year in gross sales. When you count up the money lobsters earn for Maine processors, boat yards, restaurants and other associated businesses you hit a $2 billion valuation—about 5% of the state's gross domestic product. In the context of the state's coastal economy, the crustacean looms even larger. Sure, there are other fish in Maine's seas, but 79% of its fishing income comes from lobsters.

That this various, vigorous fleet is able to exist in tight quarters is allowed by the unique nature of the fishery, with each crew separating out its traps from competitors using specific-colored buoys and carefully set lines. It's exactly this system that the coming whale regulations threaten. As part of the 98% risk reduction plan, lobstermen are being pushed to shift to "ropeless" gear, a still-experimental technology that could obligate all Maine lobster captains fishing in federal waters to have a pricy geolocator and another expensive homing gizmo attached to every gang of traps, which can number in the dozens. Looking out over the sea of buoys spread out behind Monhegan Island, I asked Captain Delano how all this was going to work.

"I don't know," he answered curtly. "Do you?"

A WHALE OF A PROBLEM

Stormy Mayo, Ph.D., is also not clear how a new ropeless Maine lobster industry would work. But as a cetacean scientist responsible for an annual right whale census out of Provincetown, Massachusetts, he also knows from 30 years of flying in tiny planes and IDing whales from the air that we cannot afford to lose another animal. The North Atlantic right was nearly wiped out by whalers in the 1700s and remained at low levels for the next 250 years. Then, in the 1990s, a modest recovery seemed to be starting and numbers reached a modern-day high of 500. But the good news didn't last. In 2010, the population started to drop, down to an estimated 336 in 2020. "When we follow the projections," Mayo told me, "We see a downward trajectory that will end at zero." By some estimates, zero could be 20 years from now.

Mayo and his team have done it all with regards to right whales. They have come to memorize each animal's "callosity pattern," roughened skin patches that sprout on a right's snout.

Using these spots, census takers can tell a whale named Cassiopeia from another called Infinity. They also can tell which ones are in trouble. "Right now, we know that a female whale named Snow Cone is entangled," Mayo said. "The numbers on survival aren't good. And if we lose a female, that's doubly bad."

Given that we can find entangled whales, it seems that all we'd have to do is disentangle them. But Mayo quickly debunks that idea. "Imagine trying to take a feather off the back of a charging bull," he said, with a chill in his voice as he remembered a brush or two with death he'd had while disentangling whales. "We find them on the surface but when they dive, they go down for 20 minutes. You have to get the knives in the right place. It's not an easy task." In 2017, a highly experienced fisherman and diver named Joe Howlett was killed when he was struck by a right whale's tail while working to free it in the Gulf of St. Lawrence.

Although a few whales can be freed of rope, many entanglements, once they happen, can't really be fixed. And yet, looking to fix the problem by curtailing Maine lobstering isn't necessarily supported by the data. Patrice McCarron, executive director of the Maine Lobstermen's Association, noted the state's lobstermen long ago added breakaways to their gear so that the ropes would separate in the event of an entanglement and that nowadays the ropes pulled off of right whales are generally of much larger gauge than those used by Mainers. Mayo himself acknowledges that the entangling gear is generally "of unknown origin." Moreover, around half of the whales that are killed annually don't die as a result of fishing. Last year, a calf was found dead along the Florida coast bearing injuries of a vessel strike. The mother was sighted a few days later bearing new injuries as well as scars from previous collisions. Maine lobstermen further point to NMFS data that shows not a single whale has ever been killed as a result of entanglement in Maine lobster gear, and there have been no documented right whale entanglements in Maine lobster gear for 18 years.

"If there are 100 whales in an area with one lobster pot, or one whale in an area with 100 lobster pots—the risk is the same."

—Cetacean scientist Stormy Mayo, Ph.D.

But yet again, Mayo points out that right whales are now so few in number that the population cannot afford even a single lost whale. Scientists have calculated that, for the population to be stable, human-caused right whale deaths must average less than one per year. "We haven't been below one in 20 years," he lamented. With such a narrow margin for error, theoretically speaking, not even potential risk can be tolerated. "If there are 100 whales in an area with one lobster pot," Mayo explained, "or one whale in an area with 100 pots—the risk is the same."

For lobstermen, though, there is nothing theoretical about the risk to their livelihood. Indeed, right whale closures have already severely impacted fishermen in Massachusetts. Legal mandates necessitated by the federal Marine Mammal Protection Act prompted a series of actions that eventually resulted in the 2014 closure of an even larger area than is proposed for Maine: over 3,000 square miles.

In an effort to try to figure out if whales and the fishermen could coexist, a group of Massachusetts lobstermen began testing ropeless fishing

Mussels with Andouille, Freekeh & Pistou, page 65

following the closures in collaboration with the nonprofit Woods Hole Oceanographic Institution, NOAA Fisheries, fishing gear manufacturers and other stakeholder organizations. One of them is Rob Martin, a 47-year veteran of the Massachusetts fishery who had been shut out of his winter grounds. "Before, I didn't want to even look at this new stuff," Martin told me over Zoom. But gradually he's seen that it might be workable. "There are pros and cons," he said. According to Martin, problems range from a faulty geolocation system to traps flipping over and losing their beacon to potential safety hazards. On the other hand, he can actually keep an eye on his gear without leaving his desk. Captain Dustin Delano had raised concerns with me about overlapping gear and the risk of revealing the position of his traps via a hackable signal beacon, but Henry Milliken from Woods Hole, who was also on the Zoom, pointed out that most of the systems are designed so that each fisherman will have an encoded system release that can only be triggered by the specific skipper or law enforcement.

"Eventually you've got to do the change," Martin said. "Years ago, we fished with wooden traps. Everyone thought metal traps were crazy. Back in the day, we called a fiberglass boat a Clorox bottle. Now that's all standard stuff. It's just progression. It's the future."

ENTER GREEN ENERGY

In fish fights, opposing sides tend to line up in predictable ways. Environmental organizations have taken a decidedly pro-whale position, while the lobstermen maintain their right to fish. The Maine story, though, shows points of collaboration. Currently, a coalition of nonprofits is trying to raise money to help lobstermen pay for what could amount to a five-figure hit per boat should they be obligated to switch to ropeless gear. But if the nonprofits, the National Marine Fisheries Service and the Maine lobstermen are strange bedfellows, at least they're accustomed to working with one another. This is not the case with a conflict on the horizon that makes their right whale problem feel like a quaint disagreement. In November 2020, Maine Governor Janet Mills announced the state would back the experimental development of the first floating offshore wind farm in the U.S. Currently, Maine uses more fossil fuels for energy than any other New England state. After assessing its strong and constant breezes, though, engineers determined that Maine could produce more than enough power to rid its grid of gas and oil by the middle of the century (a declared goal of state planners).

Where and how Maine would site farms to exploit this potential is an open question. Other states, meanwhile, are rushing ahead. In October 2021, the Biden administration announced plans to develop wind farms along nearly the entirety of the U.S. coastline, and leases in the hundreds of thousands of acres have already been issued in Massachusetts, New Jersey, New York and several other states. Potential income from offshore lease sales will dwarf any income from fisheries. The International Energy Agency has predicted that global offshore wind will be a trillion-dollar business by 2040. In the U.S. it's projected to be a $25 billion industry by 2030.

I got a glimpse of the shape of things to come when I went fishing recently for black sea bass with author, ecologist and MacArthur fellow Carl Safina a few miles from the Deepwater wind farm that lies just south of Block Island. To date, this array of fixed turbines is the only offshore wind farm in the U.S. (by contrast, Maine's would be the first *floating* farm). The Block Island array looked innocuous enough, its five windmills turning slowly in a moderate breeze. On his sonar, Safina located a rocky bit of bottom for us to fish. Wind entrepreneurs have promised that the "structure" wind turbines add to the marine environment could mean even more catch for fishermen, since any physical object, natural or artificial, tends to draw in reef-loving fish. Theoretically, it might be possible to troll around the turbines and reap the rewards.

I've known Safina for years and am a writer-in-residence with the Safina Center. Our many conversations about fossil fuels, combined with the fact that he had written *A Sea in Flames*, a scathing book about the BP Gulf oil disaster, made me think he would be firmly pro offshore wind. But when I asked him if he supported the planned expansion of Deepwater Wind's project, he shook his head bitterly. "It used to be the wide horizon and the wild ocean," he told me. "Now it's becoming another industrial site. The windmills are visible from 20 miles down the beach. It'll be a sea of red blinking lights at night, as though you're at the airport instead of in the mystery of the dark eternal ocean."

Bonnie Brady, head of the Long Island Commercial Fishing Association, who has locked horns with Safina several times over the years on commercial fishing issues, finds herself, remarkably, on the same page. "The Ørsted Sunrise wind farm they want to put in right south of Cox's Ledge near Montauk will have up to 122 turbines, 186 miles of interarray cables as well as a 106-mile cable to plug in at pristine Smith Point and

a water intake station to cool the turbines that brings in 8.1 million gallons of water per day and releases 90-degree effluent right onto our fishing grounds. The gloves are off," she said. This has very much been the pattern in Europe, where large-scale wind developers have outmaneuvered fishing communities to put in mega farms. Chris Attenborough of Whitstable, England, who fishes off the Kent coast and is active in a local fishermen's collective, told me that large portions of his grounds are now unfishable, that the herring that once roamed freely there don't venture into the wind farm footprints, and that sea birds form a large empty circle around the turbines.

Aside from these immediate, acute disruptions, there are very real fears about what wind development on the scale proposed could do to oceanographic conditions long-term. Daphne Munroe, Ph.D., a clam researcher on a wind farm task force at Rutgers University, has particular concerns about an area of frigid deep water off the mid-Atlantic Coast, known as the Cold Pool. During hot summer months, fish use this area as a thermal refuge. But because wind farms remove energy from the ocean-level atmosphere, they could potentially disrupt the stratification of temperature layers in the seas around them, perhaps even causing the Cold Pool to disintegrate, rendering masses of commercial species vulnerable to summer heat spikes. Yes, this is all a bit theoretical, but Munroe points out that the underlying research on the potential effects of wind farms is "most definitely data poor." There's not even really good evidence of the potential impacts of increased shipping traffic to bring in materials or underwater construction noise on Maine's North Atlantic right whales that everyone is so concerned about.

These issues are also troubling Maine lobstermen, sparking 400 of them to stage a protest in Augusta, the state capital, in April 2021, and are clearly echoed by Governor Mills, who recently banned wind development inside 3 miles from shore—the most productive area for lobstering. Still, the state is moving forward, launching an initiative to ease carefully into the wind business, testing an array of 10 to 12 floating turbines 30 miles off Portland's coast and then studying the effect. "Fishermen have largely been run over by the federal leasing process," Diamond Offshore Wind CEO Chris Wissemann told me. He grew up on Long Island and summered in Maine and was deeply influenced by the die-off of lobsters, scallops and mussels due to climate change that he had witnessed in his own backyard since he was a child. And he claims to want to come up with a wind solution that will take fishermen's concerns to heart. "At most, it's a small percentage of the Gulf of Maine that would be necessary to satisfy the state goals to get to net zero. The idea is that a few percent set aside to really mitigate the impact on the other 96% seems like a pretty good trade. And the research array is the first stake in the sand to make sure when it does go to scale it's done responsibly."

This kind of reasoning doesn't necessarily hold water with Maine fishermen. "It does feel like the world is knocking itself out to make lobstering difficult," Patrice McCarron of the Maine Lobstermen's Association lamented. "It's hard to have a conservation community say no to lobster ropes in the water and have those same groups endorse wind farms."

"The windmills are visible from 20 miles down the beach. It'll be a sea of red blinking lights at night, as though you're at the airport."
Carl Safina

A MURKY FUTURE

Lobstering in Maine generally comes to its close around midday. On the particular autumn afternoon I visited, the high sun brought with it 80-degree weather. With the day's work done, the *Knotty Lady's* sternman Chris rolled off his hoodie revealing a T-shirt that said, "Friday is my Second Favorite 'F' Word," and everyone basked in the warmth of the July-like afternoon. The autumn heat was a reminder that the Gulf of Maine is getting hot, fast—warming 0.11 degrees Fahrenheit per year over the last 15 years, seven times the global average, according to NASA. Already, the normally mid-Atlantic-dwelling black sea bass, the same fish I caught hundreds of miles to the south off the Block Island wind farm, are starting to turn up in Maine lobster traps. Just as Long Island Sound lost its lobsters in the 1990s from heat-driven die-offs and northward migrations, Maine's keystone crustacean could very well pack up and head north to Atlantic Canada.

But for Dustin, Tim and Chris, it's unlikely they'll see a direct effect from green energy initiatives soon enough to reverse the trend. Rising temperatures in the Gulf of Maine may already be inexorable. And as the crew turned the *Knotty Lady* back to port, past the other lobstermen pulling the ropes whale conservationists hate, they asked out loud why other communities weren't stepping up to bear some of the burden of green energy development. This crew of hardworking fishermen were most definitely not climate change deniers. They could feel the shift in temperature in the only air and water they've ever known, and they shook their heads at it all as they coiled rope and stacked traps and stored the leftover bait for tomorrow's trip.

"That's always the way people try to solve their problems," Captain Delano said when we bid goodbye at the dock in Friendship. "Put it out at sea, where nobody else but us can see it."

PAUL GREENBERG *is the author of* Four Fish: The Future of the Last Wild Food, *and host of the podcast "Fish Talk."*

Black Sea Bass & Rhubarb Ceviche

ACTIVE: 20 min **TOTAL:** 4 hrs 20 min (including marinating time)

Historically a mid-Atlantic species ranging from the Carolinas to southern New England, black sea bass have been gradually expanding their range northward as waters warm. Nowadays these plump, turquoise-tinted beauties can be found all the way up in Maine waters. Serve this with crackers or tortilla chips.

- **¾ cup lime juice**
- **1¼ teaspoons salt**
- **12 ounces previously frozen skinned black sea bass fillets, thawed and cut into ½-inch pieces *(see Tip)***
- **1¼ cups finely diced rhubarb**
- **⅓ cup finely diced red onion**
- **1 jalapeño pepper, seeded and minced**
- **2 teaspoons finely chopped fresh chervil**

1. Whisk lime juice and salt in a medium nonreactive bowl until the salt dissolves. Add fish, stirring until it is covered completely by the liquid. Cover and refrigerate, stirring occasionally, until the fish turns opaque, about 4 hours.

2. Drain the fish. Combine rhubarb, onion, jalapeño, chervil and the fish in a serving bowl.

SERVES 6: ⅓ cup each

Cal 64 **Fat** 1g (sat 0g) **Chol** 23mg **Carbs** 2g **Total sugars** 1g (added 0g) **Protein** 11g **Fiber** 1g **Sodium** 102mg **Potassium** 218mg.

TIP: Most fish can play host to parasites. Curing it in acid, as this recipe does, will reduce risks associated with eating raw fish, but freezing the fillets for at least 24 hours kills any parasites. Often they're previously frozen, though, which means you could skip this step.

Walnut-Stuffed Black Sea Bass

ACTIVE: 25 min **TOTAL:** 35 min

This preparation is common in Georgia (the country, not the state), where it's traditionally made with freshwater trout. Fenugreek leaves and seeds have a complex flavor that's a little nutty and almost maple-y. Look for them at well-stocked grocery stores and online.

- **4 ramps *or* scallions, trimmed**
- **¾ cup walnuts**
- **5 tablespoons extra-virgin olive oil, divided**
- **¼ cup chopped fresh chives**
- **2 tablespoons chopped fresh cilantro**
- **3 cloves garlic, minced**
- **1 tablespoon pomegranate molasses**
- **1 tablespoon water**
- **1 teaspoon dried fenugreek leaves *or* ½ teaspoon fenugreek powder**
- **½ teaspoon ground coriander**
- **¾ teaspoon kosher salt, divided**
- **Pinch of crushed red pepper**
- **Pinch of saffron threads**
- **4 5-ounce skinless black sea bass fillets (about 1 inch thick)**
- **¼ teaspoon ground pepper**

1. Preheat oven to 400°F.
2. Blanch ramps (or scallions) in boiling water for 1 minute; transfer to a bowl of ice water to cool.
3. Combine walnuts, 4 tablespoons oil, chives, cilantro, garlic, pomegranate molasses, 1 tablespoon water, fenugreek, coriander, ½ teaspoon salt, crushed red pepper and saffron in a food processor. Pulse until well combined.
4. Season fish with the remaining ¼ teaspoon salt and pepper. Spread the walnut paste on top of 2 fillets. Place the other 2 fillets on top. To tie the "sandwiches" of fish and filling together, place a ramp (or scallion) about ¼ of the way from each end and tie with a double knot, if possible, so the fillets don't come undone.
5. Heat the remaining 1 tablespoon oil in a large oven-safe skillet over medium-high heat. Add the stuffed fish and cook until browned, about 2 minutes on the first side and 1 minute on the second side. Transfer the pan to the oven.
6. Bake until the fish flakes and the filling is warm, 10 to 20 minutes, depending on thickness. Cut each stuffed fish in half to serve.

SERVES 4: 5 oz. stuffed fish each
Cal 505 **Fat** 36g (sat 5g) **Chol** 62mg **Carbs** 12g **Total sugars** 1g (added 0g) **Protein** 32g **Fiber** 2g **Sodium** 464mg **Potassium** 443mg.

Mussels with Andouille, Freekeh & Pistou

ACTIVE: 45 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate cooked freekeh (Step 1) and pistou (Step 2) for up to 2 days.

This gorgeous plate features nutty freekeh, a vibrant green sauce and steamed mussels dotted with andouille sausage. The components come together quickly, making it a great candidate for weeknight company. Mussels offer some of the highest omega-3s per serving of any seafood. They come to us mostly in farmed form—cultivated primarily in Canada, Chile and New Zealand—and they are an affordable and easy way to infuse your cooking with a burst of briny sea flavor. (Photo: page 61.)

- **1 cup cracked freekeh**
- **3½ cups water, divided**
- **Pinch of kosher salt plus ¼ teaspoon, divided**
- **5 tablespoons extra-virgin olive oil, divided**
- **4 cups packed stemmed spinach, kale *or* chard, chopped**
- **1 large clove garlic, chopped**
- **2 tablespoons grated Parmesan cheese**
- **3 ounces andouille sausage, halved lengthwise and sliced ¼ inch thick**
- **1 large red bell pepper, finely diced**
- **1 medium shallot, minced**
- **¼ cup diced tomato**
- **2 pounds mussels, scrubbed and debearded**
- **½ teaspoon cayenne pepper**
- **1 cup dry white wine**
- **2 tablespoons chopped fresh chervil *or* flat-leaf parsley (optional)**

1. Toast freekeh in a medium saucepan over medium-high heat, stirring frequently, until lightly browned, about 2 minutes. Add 3 cups water and a pinch of salt. Bring to a boil. Adjust heat to maintain a simmer and cook until tender, 15 to 20 minutes. Drain and return the freekeh to the pan. Cover to keep warm and set aside.
2. Meanwhile, heat 1 tablespoon oil in a medium skillet over medium-high heat. Add greens, garlic and the remaining ¼ teaspoon salt. Cook, stirring occasionally, until the greens are wilted, 1 to 2 minutes. Add the remaining ½ cup water, cover and reduce heat to maintain a simmer. Cook until the greens are very soft, about 10 minutes. Transfer the greens and any liquid to a food processor or blender. Add Parmesan. Pulse until smooth. With the motor running, drizzle in 3 tablespoons oil.
3. Heat the remaining 1 tablespoon oil in a large deep skillet or large pot over medium-high heat. Add andouille and cook, stirring often, until starting to brown, about 2 minutes. Stir in bell pepper and shallot and cook until softened, about 3 minutes. Stir in tomato and cook for 2 minutes more. Increase heat to high, add mussels and cayenne and cook, stirring, for 1 minute. Add wine, cover and simmer for 3 minutes. Discard any mussels that do not open.
4. Serve the mussels with the freekeh and the pistou. Garnish with chervil (or parsley), if desired.

SERVES 6: 2 cups mussels, ½ cup freekeh & 2 Tbsp. pistou each
Cal 410 **Fat** 18g (sat 3g) **Chol** 52mg **Carbs** 30g **Total sugars** 2g (added 0g) **Protein** 26g **Fiber** 4g **Sodium** 715mg **Potassium** 743mg.

EVAN MALLETT *is the chef and co-owner of Black Trumpet in Portsmouth, New Hampshire.*

STYLING: FRANCES BOSWELL (FOOD), PAIGE HICKS (PROPS)

EASY WAYS -TO- WASTE LESS

AN A-TO-Z GUIDE

WITH KITCHEN TIPS & RECIPES
BY IVY MANNING

According to the USDA, as much as 40% of our food supply ends up in the trash or compost bin—that's an average of 219 pounds per person annually. And more than one-third of that stems from wasteful kitchen habits. In fact, the broccoli stems and moldy cheese we toss take up more space in landfills than any other form of garbage, where they emit methane and other greenhouse gases that contribute to climate change. Then there's all the plastic used to package and transport that wasted food, not to mention the land, water, energy and other resources it takes to produce it.

But here's the upshot: You can make a meaningful change by adopting some new habits in the kitchen. By reducing U.S. household food waste by just 20%, we could cut annual greenhouse gas emissions by an estimated 6 million tons annually. That's the equivalent of taking almost 1.2 million cars off the road for a year.

And it's not just the climate that would benefit—your pocketbook could, too, to the tune of $1,300 a year. That's the average amount each American spends on food that ends up in the trash because of factors like purchasing more than we need, discarding items we think are spoiled due to misleading packaging dates and throwing out leftovers.

Ready to do something about it?

LET'S GET STARTED!

AVOCADOS and other fruits that are usually purchased before they are ripe (think pears, kiwi, mangoes, melons, peaches) should be stored at room temperature until they reach peak deliciousness. Then if you find yourself with more than you can eat before they turn to mush, pop them in the fridge where they'll keep for a week or more.

PHOTOGRAPHY BY JENNY HUANG

BANANA-
Chocolate Chip Snack Cake, p.74, is just the thing to make when you're faced with a bunch that's about to go bad.

COMPOSTING is the answer to the bits and bobs left over from meal prep (let's be honest, some food waste is simply unavoidable). Not only does it significantly reduce the amount of methane released into the atmosphere from landfills, the end product helps improve soil health. Many more communities now mandate composting, so check to see if your area has a designated drop-off spot or pickup service. Or you can get a compost bin for your yard. Keep a bucket with an odor-eliminating charcoal filter in your kitchen to collect food scraps until you're ready to take them out. What can be composted varies depending on the method, but fruit and vegetable scraps, egg shells, tea leaves and coffee grounds are typically fair game. (Some backyard bins and commercial operations can handle meat and compostable packaging as well.)

DAIRY products rival vegetables as the most-wasted food category in U.S. households. Instead of automatically dumping your dairy when the "use by" date passes *(for more on that topic, see U for Use By, page 72)*, give it a sniff. If it smells OK and there's nothing fuzzy growing on it, use it up fast. Most dairy products also freeze well. Shred hard cheese first. Portion yogurt, milk and even whipped cream in ice cube trays so they'll be easy to incorporate into smoothies, top hot cocoa with and more.

ETHYLENE is a natural gas that's released from some fruits and vegetables and speeds up the ripening process. That can be an advantage—to soften an avocado more quickly, you can seal it in a paper bag to trap that gas—but too much ethylene makes produce spoil. To lengthen shelf life, store fruits and veggies that release high amounts of the gas (stone fruit, ripe bananas, tomatoes) separately from ethylene-sensitive produce (onions, potatoes, squash).

FREEZING is one way to reduce food waste at home (many foods can be put on ice to preserve freshness for 3 months or more). But unless you actually eat what you freeze, it can also be where food goes to get freezer burn and die. Keep a running list of what's in there and the date you froze it on a dry-erase board or piece of paper, or make an electronic list. Check it when planning meals to ensure you use frozen foods before their quality diminishes.

Spent Coffee Grounds Ice Cream

ACTIVE: 45 min **TOTAL:** 4¾ hrs (including chilling and freezing times)
TO MAKE AHEAD: Freeze for up to 1 week. Let soften in the refrigerator for 30 minutes before serving.
EQUIPMENT: 1-qt. ice cream maker

- **2 cups whole milk**
- **1 cup heavy cream**
- **1 cup spent coffee grounds**
- **4 large egg yolks**
- **⅔ cup lightly packed brown sugar**
- **1½ teaspoons vanilla extract**

1. Heat milk and cream in a small saucepan over medium heat until hot to the touch, about 5 minutes. Remove from heat and stir in coffee grounds. Cover and set aside for 20 minutes. Strain through a coffee filter into a bowl (discard the grounds).
2. Place a fine-mesh sieve over a large bowl and set beside the stove. Whisk egg yolks, brown sugar and vanilla in a medium bowl. Gradually whisk in the infused milk mixture. Return to the saucepan and place over medium-low heat. Cook, stirring constantly with a silicone spatula and scraping the bottom of the pan, until the mixture has thickened slightly and an instant-read thermometer registers 180°F. (Do not allow it to simmer or the eggs will curdle.) Immediately strain the mixture through the sieve into the bowl. Refrigerate until completely cooled, at least 3 hours.
3. Churn the cold custard in an ice cream maker according to the manufacturer's directions. When the ice cream reaches the consistency of frozen soft-serve (it will clump up around the paddle), transfer to a container and freeze until firm, about 1 hour.
MAKES: 3 cups (⅓ cup per serving)
Cal 218 **Fat** 14g (sat 8g) **Chol** 118mg **Carbs** 21g **Total sugars** 19g (added 16g) **Protein** 4g **Fiber** 0g **Sodium** 40mg **Potassium** 161mg.

GROUNDS from your morning cup of joe can be repurposed. Add a scoop to brownies and chocolate cake to boost the chocolaty-ness. Gardeners can till grounds into the soil, where they'll attract earthworms that will aerate the soil. Or get one more use out of them and make **Spent Coffee Grounds Ice Cream.** While we're on the topic, it's time to ditch the single-use coffee pods—there are tens of billions of those in landfills already. Instead, invest in a reusable coffee filter.

Magic Chocolate Drizzle

ACTIVE: 5 min **TOTAL:** 15 min
TO MAKE AHEAD: Store airtight at room temperature for 3 months. Reheat in microwave until liquefied.

Combine ¼ cup chopped **chocolate (or chocolate chips)** and 2 tsp. **coconut oil** in a small microwave-safe bowl. Microwave on High in 30-second bursts, stirring in between, until smooth, 1 to 1½ minutes total. Let cool for 10 minutes. Drizzle over ice cream; it will firm up and create a crunchy shell as it cools.

MAKES: 3 Tbsp. (1 tsp. per serving)
Cal 31 **Fat** 2g (sat 2g) **Chol** 0mg **Carbs** 3g **Total sugars** 3g (added 3g) **Protein** 0g **Fiber** 0g **Sodium** 1mg **Potassium** 17mg.

HERBS wilt quickly in the fridge (how often have you discovered liquefied cilantro in your crisper?). Turn the rest of the bunch—including tender stems!—into all-purpose green sauces like pesto or salsa verde, blend them into softened butter to season seafood and vegetables, or puree them with a bit of oil and freeze in ice cube trays to give an instant hit of flavor in rice, soups and sauces.

INFUSED salts have fancy vibes and are easy to make on your own. Blitz coarse sea salt with celery leaves, citrus zest, coffee grounds, herbs, edible flowers, chiles or grated ginger or garlic in a clean spice grinder. Transfer to a bowl and let stand, uncovered, for 3 days. Store airtight and sprinkle on just about anything (your popcorn will never be the same!). They make a great gift too.

JUICE from smooshy, browning citrus can be stored in a microwave-safe container and frozen. Then you can zap it to thaw the top layer, use what you need, and pop back in the freezer. If the peel is still good, zest before juicing and—you guessed it—freeze that too. Use it to (sorry!) add zest to cocktails, baked goods, risotto, vinaigrettes, compound butter and more.

KITCHEN cleanup produces a lot of waste too. Take, for instance, single-use towels, which are a big contributor to the 12% of U.S. landfill space that's taken up by paper products. Make the switch to reusable "un-paper" towels, usually made from cotton, bamboo or sugar cane. Just rinse, twist out excess water and toss them in the wash (some need to be washed by hand). If you can't commit, remember you can compost paper towels and some parchment paper (as long as it hasn't been used with anything that's not edible).

LEFTOVERS— whether cooked or simply what remains from a package of carrots or mushrooms—can be more appealing when you make a plan to use them. Work a "fridge sweep" meal like fried rice, quiche or **Use-It-Up Vegetable Soup, p.75,** into your menu each week.

MUSTARD, mayo or hot sauce containers with just a swipe or two left are perfect for making instant flavor-packed vinaigrettes. Before you rinse and recycle them, add vinegar, oil and herbs, screw on the lid, and shake.

NOODLES of varying shapes, sizes and amounts you have hanging out in your pantry can be tossed into soups or used to make a meal for one or two. Or combine similar shapes with the same cooking time—does it matter if they match when you're eating dinner?

ORGANIZE your fridge and pantry by the "first in, first out" mantra. Put the oldest foods in front where you'll be more likely to see and grab them before they spoil, and place newer ones toward the back. The same goes for shelf-stable items. If your family needs a little—ahem—help with this idea, try consolidating eat-now foods into a labeled "use first" area.

Any-Brine Chicken with Herb Pan Sauce

ACTIVE: 20 min **TOTAL:** 3 hrs 40 min
TO MAKE AHEAD: Brine chicken (Step 1) for up to 12 hours.

The salt in brine breaks down connective tissue in the chicken, making it more tender. Plus the brine infuses the meat with flavor and moisture, keeping it extra-juicy when cooked.

- **2 pounds bone-in, skin-on chicken thighs, trimmed**
- **1 cup feta, green olive *or* dill pickle brine**
- **½ teaspoon ground pepper**
- **1 tablespoon extra-virgin olive oil**
- **½ cup chopped tender herbs, such as dill, basil, parsley *and/or* cilantro, plus more for serving**
- **½ cup finely chopped shallots**
- **3 cloves garlic, thinly sliced**
- **½ cup dry white wine**
- **½ cup low-sodium chicken broth**
- **1 tablespoon lemon juice**

1. Place chicken in a large sealable plastic bag or nonreactive container just large enough to hold it in an even layer. Pour in brine and seal. Refrigerate, turning the chicken once or twice, for at least 3 hours and up to 12 hours.

2. Discard the brine and pat the chicken dry; season with pepper. Heat oil in a large skillet over medium-high heat. Add the chicken, skin-side down, and cook until the skin is golden, 5 to 7 minutes. Flip the chicken, reduce heat to medium-low, cover and cook until an instant-read thermometer inserted in the thickest part without touching bone registers 165°F, 12 to 15 minutes more. Transfer to a plate.

3. Pour off all but 1 tablespoon of the drippings. Add herbs and shallots and cook over medium heat, stirring frequently, until the shallots are tender, about 2 minutes. Add garlic and cook until fragrant, about 1 minute. Add wine and simmer, scraping up any browned bits, until slightly reduced, 1 to 2 minutes. Add broth and simmer until reduced by half, about 3 minutes more. Add lemon juice.

4. Return the chicken and any accumulated juices to the pan and turn to coat in the sauce. Sprinkle with more herbs, if desired.

SERVES 4: 3 oz. chicken & ¼ cup sauce each **Cal** 273 **Fat** 12g (sat 3g) **Chol** 142mg **Carbs** 6g **Total sugars** 2g (added 0g) **Protein** 28g **Fiber** 1g **Sodium** 235mg **Potassium** 458mg.

PICKLE, olive and feta brine left from a jar or tub is liquid gold. Use it to make **Any-Brine Chicken with Herb Pan Sauce.**

Wilted Greens Dog Treats

ACTIVE: 25 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Store airtight for up to 1 week.
EQUIPMENT: Parchment paper, 1¼-inch cookie cutter or pizza cutter
This dough is easy to work with and nutritional yeast makes these little biscuits smell quite appetizing.

- ½ cup packed wilted greens, such as arugula, kale, chard *and/or* spinach
- ½ cup water
- 2½ tablespoons extra-virgin olive oil
- 1½ teaspoons molasses
- ½ cup old-fashioned rolled oats
- 1 cup whole-wheat flour, plus more for rolling
- 6 tablespoons fine cornmeal
- 2 tablespoons ground flaxseed
- 2 tablespoons nutritional yeast
- 2 tablespoons grated Parmesan cheese (optional)
- ½ teaspoon salt
- 1 large egg, beaten with 1 tablespoon water for egg wash (optional)

1. Position racks in upper and lower thirds of oven; preheat to 325°F. Line 2 baking sheets with parchment paper.
2. Combine greens, water, oil and molasses in a blender and process until smooth. Add oats and blend again until mostly smooth. Pour into a large bowl. Add flour, cornmeal, flaxseed, nutritional yeast, cheese (if using) and salt; stir with a wooden spoon until it forms a stiff dough. Knead on a lightly floured surface until smooth.
3. Divide the dough into 3 equal portions. Work with one portion at a time, keeping the others covered so they don't dry out. Roll out the dough to an even ⅛-inch thickness, picking it up and rotating it occasionally to ensure it's not sticking. Cut into shapes with a cookie cutter or into squares with a pizza cutter. Reroll and cut the scraps.
4. Arrange the treats, close but not touching, on the prepared pans. Brush with egg wash, if using. Bake, rotating the pans once from top to bottom and back to front, until the treats are firm to the touch, 35 to 40 minutes. Cool on a wire rack.
MAKES: 64 (analysis per treat)
Cal 18 **Fat** 1g (sat 0g) **Chol** 0mg **Carbs** 3g **Total sugars** 0g (added 0g) **Protein** 0g **Fiber** 0g **Sodium** 19mg **Potassium** 16mg.

QUANTITY buys may seem like a good deal. But unless you're going to eat that ginormous box of salad greens, baby cucumbers or cherry tomatoes within a few days, it's just wasting money and food. Pick up perishable foods in amounts you'll be able to realistically use, and go for bulk on shelf-stable stuff like toilet paper and olive oil.

REUSABLE containers can help reduce plastic waste. Tuck a few in your shopping bags and bring them to the butcher and deli counter—most staff will be happy to use them. And if you shop at a store with bulk bins, bring those containers for staples like grains, cereals, beans, spices, nut butter, coffee and oil. Be sure to weigh each empty container with its lid and mark its tare weight before you fill, so it can be deducted at checkout.

SALAD GREENS are one of the most perishable foods we buy—going from fresh and perky to slime in what seems like an instant. Before they rot, bake a batch of **Wilted Greens Dog Treats.** They're Fido-approved!

TRIMMINGS

like cabbage and cauliflower cores and broccoli stems tend to get discarded, but they're totally edible. If they won't be pleasant in the meal you're making, keep them for this **Vegetable Rösti with Poached Eggs, p.74.**

VEGETABLE PANADE

is basically an excuse to eat stuffing for dinner and a delicious way to combat food waste. Stale bread, random shards of cheese, leftover veggies—it's all welcome in the baking dish.

"USE BY" and other label dates can be deceiving. A report by the Natural Resources Defense Council estimates that 90% of Americans misinterpret them, accounting for up to 17% of our household waste. These dates are not regulated or even required by the USDA (except on infant formula). If the label date passes but the item has been stored properly and there's no evidence of spoilage, it should be edible. So what do those labels actually mean? **Best If Used Before** indicates the manufacturer's advice on when a product will retain the best flavor and quality. **Use By** is the last date of the food being in peak quality. **Sell By** is used for inventory management only. Think of **Freeze By** as a clue to when a product should be frozen to maintain peak quality.

WRAP leftovers in reusable beeswax wrap *(check out our pick on page 101)*, use a plate or elastic-bound cloth to cover them, or invest in a set of airtight containers with lids, and say so long to the clingy plastic stuff.

XYLEM is the name of the vascular tissue in plants that transports water and nutrients, and you can harness it to keep foods like celery, asparagus and herbs fresher, longer. Store them cut-end down in a glass of water in the refrigerator to keep 'em crisp.

YOLKS and egg whites are often called for separately in recipes. Refrigerate extras for up to 4 days. Turn leftover whites into macaroons or meringue, or whisk until frothy and add to that batch of homemade granola you're baking to form crunchy clusters with a boost of protein. Use the yolks to make your own mayo or a custard for ice cream *(see page 68)*. And either can be whisked into whole eggs for omelets, frittatas and scrambles. Or freeze whites for up to 3 months. (Yolks can get grainy when frozen.)

ZONE in on the warm and cool areas of your fridge. The warmest spot is the door, so stash your condiment collection there. The lower shelf tends to be the coldest: keep eggs, dairy products and raw meat there. Since heat rises, put things that aren't as prone to spoiling on the top shelf—think: jams, hummus. And keep your produce in the crisper drawer—that's what it's designed for!

Vegetable Panade

ACTIVE: 30 min **TOTAL:** 1½ hrs

Bits of cooked bacon, ham or sausage would make a tasty addition to this casserole. Serve with a big green salad.

- **2 tablespoons extra-virgin olive oil**
- **1 medium onion, chopped**
- **12 ounces mixed raw chopped vegetables *or* 4 cups leftover roasted vegetables**
- **1 tablespoon chopped fresh rosemary *or* thyme**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **3 cloves garlic, sliced**
- **4 cups no-salt-added chicken *or* vegetable broth, warmed**
- **1 pound stale whole-wheat country bread, cut into 1-inch cubes (about 10 cups)**
- **¾ cup shredded cheese, such as Gruyère *or* Cheddar**

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.

2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring often, until tender and beginning to brown, about 5 minutes. Add raw vegetables, if using, rosemary (or thyme), salt and pepper and cook, stirring frequently, until the firmest vegetables are starting to become tender, 4 to 6 minutes. (If using roasted vegetables, cook them until just heated through.) Add garlic and cook, stirring, until fragrant, about 30 seconds.

3. Remove from heat and stir in broth, scraping up any browned bits. Transfer to a large bowl and add bread; toss to combine. Spread the mixture in the prepared baking dish and sprinkle with cheese. Coat foil with cooking spray and cover the baking dish with it, sprayed-side down.

4. Bake the casserole for 30 minutes. Uncover and bake until the top is golden brown and crispy, 15 to 20 minutes more. Let stand for 10 minutes before serving.

SERVES 12: 1 cup each

Cal 163 **Fat** 7g (sat 2g) **Chol** 7mg **Carbs** 19g **Total sugars** 4g (added 0g) **Protein** 8g **Fiber** 5g **Sodium** 351mg **Potassium** 167mg.

(continued on page 74)

Vegetable Rösti with Poached Eggs

ACTIVE: 55 min **TOTAL:** 55 min

Swiss rösti are traditionally made with only potatoes, but you can use other veggies, too, particularly parts of ones you may typically discard: cabbage and cauliflower cores, broccoli stems and the ribs of dark leafy greens. Poached eggs give the dish staying power. (Photo: page 72.)

- **3 cups grated firm vegetables, such as cabbage and cauliflower cores, broccoli stems, sweet potatoes *and/or* finely chopped stems of dark leafy greens**
- **1 teaspoon salt**
- **6 large eggs, divided**
- **2 medium russet potatoes**
- **¼ cup all-purpose flour**
- **3 scallions, finely chopped**
- **1 teaspoon granulated garlic**
- **½ teaspoon ground pepper**
- **4 tablespoons extra-virgin olive oil, divided**
- **¼ cup distilled white vinegar**

1. Preheat oven to 200°F.

2. Toss grated and/or chopped vegetables with salt in a large bowl. Pile in the center of a clean kitchen towel, gather up the ends and twist them together, squeezing to remove as much excess moisture as possible. Whisk 2 eggs in the bowl, then stir in the squeezed vegetables.

3. Grate potatoes on the large holes of a box grater and place in another large bowl. Add enough cold water to cover by several inches and swish to release excess starch from the potatoes. Drain. Twist the shredded potatoes in the towel and squeeze out all the excess moisture. Add to the bowl with the vegetables. Stir in flour, scallions, granulated garlic and pepper.

4. Heat 2 tablespoons oil in a large nonstick or cast-iron skillet over medium-high heat. Using ½ cup of the vegetable mixture for each, spoon 4 portions into the pan, flattening to 3½- to 4-inch cakes. Reduce heat to medium-low and cook, flipping once, until golden brown, about 4 minutes per side. Transfer the rösti to a baking sheet and keep warm in the oven. Repeat with the remaining 2 tablespoons oil and vegetable mixture.

5. To poach the remaining 4 eggs, break each into a small bowl. Fill a large, straight-sided skillet or large pot with 2 inches of water; bring to a boil. Add vinegar. Reduce to a gentle simmer: the water should be steaming and small bubbles should come up from the bottom. Submerging the lip of each bowl into the simmering water, gently add the eggs, one at a time. Cook for 4 minutes for soft-set, 5 minutes for medium-set and 8 minutes for hard-set. Using a slotted spoon, transfer the eggs to a clean kitchen towel to drain for a minute.

6. Serve the poached eggs on the rösti.

SERVES 4: 2 rösti & 1 egg each

Cal 369 **Fat** 21g (sat 4g) **Chol** 279mg **Carbs** 31g **Total sugars** 3g (added 0g) **Protein** 14g **Fiber** 3g **Sodium** 541mg **Potassium** 647mg.

Banana-Chocolate Chip Snack Cake

ACTIVE: 15 min **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Store airtight at room temperature for up to 3 days.

EQUIPMENT: Parchment paper

Overripe bananas are naturally sweet, so you can use less sugar to make this cake. (Photo: page 67.)

- **¾ cup whole-wheat flour**
- **¾ cup all-purpose flour**
- **1½ teaspoons baking powder**
- **1 teaspoon ground cinnamon**
- **½ teaspoon baking soda**
- **¼ teaspoon ground cardamom**
- **¼ teaspoon salt**
- **1 cup mashed ripe banana (about 3 medium)**
- **½ cup buttermilk *or* nonfat plain yogurt**
- **2 teaspoons vanilla extract**
- **⅓ cup packed light brown sugar**
- **4 tablespoons (½ stick) unsalted butter, at room temperature**
- **¼ cup canola *or* avocado oil**
- **2 large eggs**
- **½ cup chopped chocolate *or* chocolate chips**

1. Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray and line the bottom with parchment paper.

2. Whisk whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda, cardamom and salt in a medium bowl. Whisk banana, buttermilk (or yogurt) and vanilla in a small bowl.

3. Beat brown sugar, butter and oil with an electric mixer in a large bowl until light and fluffy, about 2 minutes. Scrape down the sides and add eggs, one at a time, beating well after each addition. Fold in the flour and banana mixtures in 2 alternating additions, starting and ending with the flour. Gently stir in chocolate. Scrape the batter into the prepared pan.

4. Bake the cake until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Let cool to room temperature in the pan on a wire rack, about 30 minutes. Invert the cake onto a plate and remove the parchment paper.

SERVES 12: 1 piece each

Cal 228 **Fat** 12g (sat 4g) **Chol** 42mg **Carbs** 29g **Total sugars** 13g (added 9g) **Protein** 4g **Fiber** 2g **Sodium** 195mg **Potassium** 197mg.

Scan with your phone's camera for our favorite compost bins.

STYLING: TYNA HOANG (FOOD), NICOLE LOUIE (PROPS)

Use-It-Up Vegetable Soup

ACTIVE: 20 min **TOTAL:** 1 hr

TO MAKE AHEAD: Refrigerate for up to 5 days.

For the best results, choose one "star" vegetable and no more than 3 supporting ones to prevent the flavors from getting muddy—go green with a mixture of broccoli stems, cauliflower leaves and core, wilted kale and spinach, or get a beta carotene boost with leftover winter squash, wrinkly carrots and a parsnip. The addition of potato (perhaps an old one that's growing roots?) and a scoop of oats give the soup a luxurious mouthfeel without cream, while lemon juice brightens the flavor. (Photo: page 69.)

- **2 tablespoons extra-virgin olive oil**
- **1 medium onion, chopped**
- **3 cloves garlic, chopped**
- **6 cups chopped raw vegetables**
- **4 cups low-sodium vegetable broth, plus more if needed**
- **1 medium potato *or* white sweet potato (8 ounces), chopped**
- **½ cup old-fashioned rolled oats**
- **½ teaspoon salt**
- **1 bay leaf**
- **1-2 tablespoons lemon juice**
- **½ teaspoon freshly grated nutmeg**
- **⅛ teaspoon cayenne pepper**
- **⅛ teaspoon ground pepper**
- **Chopped fresh herbs, such as basil, dill *and/or* parsley, for garnish**
- **Grated Parmesan cheese *or* nutritional yeast for serving**

1. Heat oil in a large pot over medium-high heat. Add onion and cook, stirring frequently, until tender, about 5 minutes. Add garlic and cook until fragrant, about 45 seconds. Add vegetables, broth, potato, oats, salt and bay leaf. Bring to a simmer. Reduce heat to medium-low, cover and simmer, stirring occasionally, until the vegetables smash easily when pressed against the side of the pot, 30 to 40 minutes.

2. Discard the bay leaf. Puree the soup in the pot with an immersion blender or in batches in a blender. (Use caution when blending hot liquids.) Add lemon juice, nutmeg, cayenne and pepper. Thin with additional broth, if desired. Garnish with herbs and cheese (or nutritional yeast), if desired.

SERVES 4: 1½ cups each

Cal 235 **Fat** 9g (sat 1g) **Chol** 0mg **Carbs** 34g **Total sugars** 7g (added 0g) **Protein** 9g **Fiber** 8g **Sodium** 490mg **Potassium** 957mg.

IVY MANNING *is the author of nine cookbooks, including* Instant Pot Miracle 6 Ingredients or Less. *Follow her on Instagram at @ivy_manning.*

THE NOT-SO-HUMBLE BEAN

It's almost impossible to oversell the sustainability of pulses. Growing these edible seeds of the legume family—including beans, peas, lentils and chickpeas—can actually help reduce greenhouse gases because the deep-rooted plants are extremely efficient at pulling carbon out of the atmosphere and storing it underground. Pulse plants also draw nitrogen out of the air (called nitrogen "fixing") and use it as a natural fertilizer, which means that they need little to none of the chemical kind to thrive. And they require less water than animal protein sources. Their average global "water footprint"—a full-supply-chain assessment of a product's water use and pollution—is 32% smaller than that of the same weight of pork and 74% smaller than that of beef. As our world gets drier and hotter, that's good news for farmers. Plus, pulses are inexpensive, have long shelf lives, are packed with fiber *(see page 82)* and come in all colors, shapes, sizes and textures—from tiny French green lentils to medium speckled scarlet runner beans to large creamy-white coronas. Really, you need to start eating more of them! Turn the page for recipes that go beyond basic rice and beans (although we love it too), like a smothered bean burger, black bean–stuffed chiles rellenos and more.

STORY BY CAROLYN MALCOUN
FOOD PHOTOGRAPHY BY NICO SCHINCO

THIS PAGE: LEIGH BEISCH

Cheesy Marinara Beans, p. 82

Black Bean–Stuffed Chiles Rellenos

ACTIVE: 1 hr 5 min **TOTAL:** 1 hr 5 min
EQUIPMENT: Toothpicks

These stuffed, battered and lightly fried chiles are a bit of a project, but worth it! If you have any left over, you can maintain their crispness by reheating over medium heat in a nonstick skillet coated with cooking spray, carefully turning occasionally. Look for queso Oaxaca in the specialty cheese section—it's a superb melting cheese. (Recipe by Carolyn Malcoun.)

- **8 medium poblano peppers**
- **2½ cups fresh tomato salsa, drained**
- **1 tablespoon canola oil plus 1 cup, divided**
- **2 cups Basic Mashed Black Beans *(page 82)***
- **1 cup shredded queso Oaxaca *or* Monterey Jack cheese**
- **½ cup all-purpose flour *or* rice flour**
- **4 large eggs, separated**
- **½ cup chopped fresh cilantro**

1. Preheat broiler. Place poblanos on a baking sheet. Broil on the upper rack, turning the peppers occasionally, until blackened on all sides, 12 to 18 minutes. Transfer to a large bowl and cover. Set aside for 10 minutes. Reduce oven temperature to 250°F.

2. Meanwhile, puree salsa in a blender. Heat 1 tablespoon oil in a large skillet over medium heat until shimmering. Add the salsa and cook, stirring occasionally, until thickened, about 5 minutes. Transfer to a bowl and cover to keep warm. Wash and dry the pan.

3. Peel the peppers, leaving the stems intact if possible. Carefully cut a vertical slit in each pepper and remove seeds. Fill each pepper with about ¼ cup beans and 2 tablespoons cheese. Close the slit with toothpicks.

4. Place flour in a shallow dish. Beat egg whites in a medium bowl until soft peaks form. Whisk egg yolks in another medium bowl until well blended. Fold the whites into the yolks.

5. Line a baking sheet with 2 layers of paper towels. Heat the remaining 1 cup oil in the skillet over medium-high heat until shimmering. Carefully dredge 2 of the stuffed peppers in the flour, tapping off excess, then coat in the egg mixture. Add to the pan and cook, carefully turning once, until golden, about 4 minutes. Transfer to the prepared baking sheet and keep warm in the oven. Repeat with the remaining peppers.

6. Serve the peppers with the reserved sauce and cilantro.

SERVES 8: 1 pepper & ¼ cup sauce each
Cal 388 **Fat** 22g (sat 4g) **Chol** 93mg **Carbs** 35g **Total sugars** 3g (added 0g) **Protein** 14g **Fiber** 4g **Sodium** 469mg **Potassium** 62mg.

Smothered Black Soybean Burgers

ACTIVE: 1 hr **TOTAL:** 1 hr

These flavor-packed burgers get tang from kimchi, umami from soy or fish sauce and heat from gochugaru. Topped with caramelized onions and slaw, they're super-satisfying. (Recipe by Adam Dolge.)

- **1 cup kimchi**
- **½ cup mayonnaise, divided**
- **2 cups shredded red cabbage**
- **½ cup shredded carrots**
- **2 medium onions, halved**
- **4 tablespoons canola oil, divided**
- **¾ teaspoon salt, divided**
- **¼ teaspoon ground white pepper**
- **2 15-ounce cans no-salt-added black soybeans, rinsed** **(see *page 102*)**
- **1 large egg, lightly beaten**
- **¾ cup plain dry breadcrumbs**
- **1 tablespoon gochugaru**
- **2 teaspoons reduced-sodium soy sauce *or* fish sauce**
- **8 whole-wheat hamburger buns, split**

1. Squeeze as much liquid as possible out of kimchi into a medium bowl. Transfer 2 tablespoons of the liquid to a large bowl. Finely chop the kimchi and add to the large bowl. Add ¼ cup mayonnaise to the medium bowl with the remaining kimchi liquid and whisk to combine. Add cabbage and carrots and toss to combine. Refrigerate until ready to use.

2. Grate ½ onion on the large holes of a box grater and add to the kimchi. Thinly slice the remaining onions.

3. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add the sliced onions and cook, stirring often, until starting to brown, about 8 minutes. Sprinkle with ¼ teaspoon salt and pepper and transfer to a small bowl. Wipe the pan clean.

4. Meanwhile, add beans to the kimchi and mash with a potato masher to a coarse consistency. Stir in egg, breadcrumbs, gochugaru and soy sauce (or fish sauce) along with the remaining ¼ cup mayonnaise and ½ teaspoon salt. With damp hands, form the mixture into eight 4-inch patties (about ½ cup each).

5. Heat the remaining 3 tablespoons oil in the pan over medium heat. Add 4 patties and cook until well browned, 3 to 4 minutes per side. Transfer to a plate and cover to keep warm. Repeat with the remaining 4 patties. Divide the slaw among the buns and top with the burgers and onions.

SERVES 8: 1 burger each

Cal 439 **Fat** 25g (sat 3g) **Chol** 29mg **Carbs** 42g **Total sugars** 9g (added 1g) **Protein** 17g **Fiber** 10g **Sodium** 771mg **Potassium** 486mg.

PER GRAM OF PROTEIN, THE WATER FOOTPRINT OF PULSES IS UP TO 6X SMALLER THAN THAT OF ANIMAL PROTEIN SOURCES

Herb Marinated Beans

ACTIVE: 20 min **TOTAL:** 20 min
TO MAKE AHEAD: Refrigerate for up to 3 days.
If you're an avid meal prepper, consider adding these marinated beans to your weekly routine. They're very versatile: try a spoonful on a salad, tuck some into a wrap or warm them up to spoon over a grain bowl. It's worth letting the beans marinate for at least 24 hours to infuse them with deeper flavor. The olive oil will solidify in the refrigerator—just let the beans stand at room temp for an hour and stir before serving. (Recipe by Adam Dolge.)

- **1 medium shallot, thinly sliced**
- **2 cloves garlic, thinly sliced**
- **2 tablespoons lemon juice**
- **⅔ cup extra-virgin olive oil**
- **¼ cup finely chopped fresh parsley**
- **2 tablespoons finely chopped fresh dill**
- **2 tablespoons finely chopped fresh oregano**
- **½ teaspoon salt**
- **2 15-ounce cans no-salt-added white beans, such as great northern *or* butter beans *(see page 102)*, rinsed**
- **2 whole dried chiles**
- **2 1-inch strips lemon zest**

1. Combine shallot, garlic and lemon juice in a large bowl and set aside for 10 minutes.
2. Add oil, parsley, dill, oregano and salt and whisk to combine. Add beans, chiles and lemon zest and toss to coat.
SERVES 8: ½ cup each
Cal 250 **Fat** 19g (sat 3g) **Chol** 0mg **Carbs** 14g **Total sugars** 1g (added 0g) **Protein** 5g **Fiber** 4g **Sodium** 177mg **Potassium** 228mg.

IF AMERICANS SWAPPED PLANT PROTEINS FOR 25% OF THEIR BEEF, PORK AND POULTRY, WE COULD REDUCE GREENHOUSE GAS EMISSIONS BY AN ESTIMATED 82 MILLION METRIC TONS ANNUALLY—**THE EQUIVALENT OF TAKING 17.8 MILLION CARS OFF THE ROAD FOR A YEAR.**

SOURCE: ENVIRONMENTALLY OPTIMAL, NUTRITIONALLY SOUND, PROTEIN AND ENERGY CONSERVING PLANT BASED ALTERNATIVES TO U.S. MEAT. SCI REP 9, 10345 (2019).

Lemony Lentil & Chard Soup, p. 82

Scan with your phone's camera for more on the health benefits of beans.

Cheesy Marinara Beans

ACTIVE: 30 min **TOTAL:** 40 min

This ooey-gooey dish has baked-pasta vibes but features protein-packed beans instead of noodles. Look for dried corona beans, a larger, creamy white bean, at natural-foods stores or online. Cannellini are a good substitute. Serve with a green salad and toasted baguette. (Recipe by Devon O'Brien. Photo: page 77.)

- **2 tablespoons extra-virgin olive oil**
- **1 medium onion, chopped**
- **2 cloves garlic, minced**
- **⅓ cup tomato paste**
- **¼ cup dry white wine**
- **1 28-ounce can no-salt-added whole peeled tomatoes, preferably San Marzano**
- **3 cups cooked corona beans *or* two 15-ounce cans no-salt-added cannellini beans *(see page 102)*, rinsed**
- **2 tablespoons chopped fresh basil, plus more for garnish**
- **2 tablespoons chopped fresh oregano, plus more for garnish**
- **2 tablespoons chopped fresh parsley, plus more for garnish**
- **1 large egg, lightly beaten**
- **⅔ cup whole-milk ricotta cheese**
- **½ cup grated Parmesan cheese, divided**
- **1 cup shredded fontina cheese**

1. Heat oil in a large oven-safe skillet over medium-high heat. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Add tomato paste and cook, stirring, until it starts to darken, about 2 minutes. Add wine and cook, scraping up any browned bits, until thickened, about 1 minute. Add tomatoes and their juice, crushing the tomatoes with your hand as you add them. Stir in beans, basil, oregano and parsley. Bring to a simmer. Reduce heat to maintain a simmer and cook, stirring occasionally, until thickened, 18 to 20 minutes.

2. Meanwhile, place rack in upper third of oven; preheat broiler to high. Combine egg, ricotta and ¼ cup Parmesan in a small bowl.

3. Gently stir the ricotta mixture into the bean mixture. Sprinkle fontina and the remaining ¼ cup Parmesan on top. Broil until the cheese is melted, 2 to 3 minutes. Garnish with more herbs, if desired.

SERVES 6: 1 cup each

Cal 357 **Fat** 18g (sat 8g) **Chol** 72mg **Carbs** 30g **Total sugars** 8g (added 0g) **Protein** 19g **Fiber** 8g **Sodium** 474mg **Potassium** 503mg.

Basic Mashed Black Beans

ACTIVE: 15 min **TOTAL:** 1¼ hrs (plus overnight soaking)

TO MAKE AHEAD: Refrigerate for up 4 days or freeze for up to 3 months.

This simple pot of beans—used in our Chiles Rellenos (page 78)—is delicately seasoned so it doesn't compete with the other flavors in the dish. But you can increase the garlic, cilantro and lime juice if you're serving this on its own. (Recipe by Carolyn Malcoun.)

- **1 pound dried black beans *(see page 102)*, soaked overnight**
- **1 tablespoon canola oil**
- **1 cup finely chopped white onion**
- **4 cloves garlic, finely chopped**
- **¼ cup chopped fresh cilantro stems**
- **8 cups water**
- **1 tablespoon lime juice**
- **1 teaspoon salt**

1. Drain beans. Heat oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until starting to brown, about 5 minutes. Add garlic and cilantro stems and cook, stirring, until fragrant, about 30 seconds. Add the beans and 8 cups water. Cover and bring to a boil over high heat, then reduce heat to a simmer. Cook, covered, until the beans are starting to fall apart, about 1 hour.

2. Reserve 1½ cups cooking liquid, then drain the beans. Mash the beans in the pot with lime juice, salt and 1 cup of the cooking liquid, adding more cooking liquid to reach desired consistency. *(Alternatively, puree in a food processor, adding more cooking liquid as necessary.)*

SERVES 8: ½ cup each

Cal 215 **Fat** 2g (sat 0g) **Chol** 0mg **Carbs** 37g **Total sugars** 6g (added 0g) **Protein** 11g **Fiber** 5g **Sodium** 299mg **Potassium** 42mg.

VARIATION: To cook unsoaked beans in an electric pressure cooker: Heat oil in an electric pressure cooker on Sauté mode. Add onion and cook, stirring occasionally, until starting to brown, about 3 minutes. Add garlic and cilantro stems, cook, stirring, until fragrant, about 30 seconds. Turn the cooker off. Add dried beans and 6 cups water. Lock the lid and pressure cook for 30 minutes. Let the pressure release naturally for 20 minutes. Manually release any remaining pressure. Reserve 1½ cups cooking liquid and drain the beans. Mash the beans in the cooker with lime juice, salt and 1 cup liquid, adding more cooking liquid to reach desired consistency.

Lemony Lentil & Chard Soup

ACTIVE: 30 min **TOTAL:** 55 min

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

This satisfying lemony bowlful was inspired by the lentil soup served at the now-closed Lebanese restaurant La Shish in West Bloomfield, Michigan. It keeps well but will thicken, so you may want to thin with a bit of water or broth when reheating. Serve with warm whole-wheat pita. (Recipe by Carolyn Malcoun. Photo: page 81.)

- **3 tablespoons extra-virgin olive oil, plus more for serving**
- **1 large onion, diced**
- **1 bunch chard**
- **4 cloves garlic, finely chopped**
- **1 tablespoon ground cumin**
- **½ teaspoon Aleppo pepper, plus more for serving**
- **8 cups water**
- **1 pound red lentils, picked over and rinsed**
- **1½ teaspoons salt**
- **½ cup lemon juice (from 3-4 lemons)**
- **Ground pepper to taste**

1. Heat oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until golden, 8 to 12 minutes.

2. Meanwhile, separate chard greens from stems. Thinly slice the stems; chop the greens.

3. Add garlic, cumin and Aleppo to the pot; cook until fragrant, about 30 seconds. Add water, lentils and the chard stems; bring to a boil over high heat. Reduce heat and simmer, stirring occasionally, until the lentils are falling apart, about 20 minutes. Stir in the chard leaves and cook until tender, about 5 minutes. Stir in salt, lemon juice and pepper before serving. Garnish with more oil and Aleppo, if desired.

SERVES 6: 1½ cups each

Cal 365 **Fat** 9g (sat 1g) **Chol** 0mg **Carbs** 51g **Total sugars** 4g (added 0g) **Protein** 22g **Fiber** 13g **Sodium** 683mg **Potassium** 905mg.

More Pulse Pluses

Eating beans is one of the best things you can do for better overall health. You'll up your fiber intake (most of us don't eat enough), which can help you lose or maintain weight, promote healthy digestion, and slash your risk of developing type 2 diabetes, certain cancers and other chronic diseases. They also provide antioxidants and micronutrients, such as zinc, B vitamins, iron, manganese and phosphorus.

STYLING: FRANCES BOSWELL (FOOD), PAIGE HICKS (PROPS)

Peanut Butter & Chocolate Chickpea Blondies

ACTIVE: 15 min **TOTAL:** 1 hr 25 min
EQUIPMENT: Parchment paper

Chickpea blondies? Hear us out! Not only do these legume-based treats have a delightful fudgy texture, they have twice as much fiber and three times as much protein as a blondie made with flour. (Recipe by Carolyn Malcoun.)

- **1 15-ounce can no-salt-added chickpeas**
- **¾ cup packed dark brown sugar**
- **½ cup smooth natural peanut butter**
- **¼ cup chickpea flour**
- **2 teaspoons vanilla extract**
- **½ teaspoon baking powder**
- **⅓ cup chocolate chips**
- **⅓ cup chopped salted peanuts**
- **1 teaspoon flaky salt**

1. Preheat oven to 350°F. Line an 8-inch-square baking pan with parchment paper, letting some overhang the sides.
2. Reserve 2 tablespoons liquid (aquafaba) from the chickpea can. Rinse chickpeas and pat dry. Combine the chickpeas and aquafaba in a food processor along with brown sugar, peanut butter, chickpea flour, vanilla and baking powder. Process until smooth. Add chocolate chips and peanuts; pulse a couple of times to mix. Scrape the batter into the prepared pan and spread in an even layer. Sprinkle with salt.
3. Bake until a toothpick inserted in the center comes out with just a few crumbs attached and the top is firm and starting to brown at the edges, about 40 minutes. Cool in the pan on a wire rack for 30 minutes, then use the parchment as handles to transfer the blondies to a cutting board. Cut into 12 pieces.

SERVES 12: 1 blondie each
Cal 206 **Fat** 9g (sat 2g) **Chol** 0mg **Carbs** 25g **Total sugars** 17g (added 16g) **Protein** 6g **Fiber** 3g **Sodium** 277mg **Potassium** 127mg.

WHEN FARMERS ROTATE CEREAL CROPS LIKE WHEAT OR BARLEY WITH PULSES, THEY CAN SEE A 30% INCREASE IN GRAIN YIELD.

Well Dressed

This time of year there's
nothing better than a big ol' salad.
Here are 6 of our favorite recipes, plus
how to grow interesting greens
you won't find at every supermarket.

Story by JOHANNA SILVER
Photos by JENNY HUANG • Illustrations by VIKKI CHU

Spinach Salad with Warm Maple Dressing

PAGE 90

Smoked Trout Salad with Herb & Horseradish Dressing

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Mâche & Chicken Salad with Honey-Tahini Dressing

PAGE 90

Sure, sure, you know you're supposed to be eating lots of leafy greens—they are packed with nutrients, notably vitamin A and potassium. But they're also incredibly gratifying to grow. Not only are they among the easiest crops to tend (we swear) and lightning-fast (they take a fraction of the time of a tomato), growing your own greens also lets you experiment with a whole host of interesting and flavorful varieties beyond everyday romaine and iceberg. We can't think of a more favorable ratio of effort to flavor than this!

So why not get your green thumb on? Your taste buds will thank you.

6 Varieties to Seek Out

MÂCHE
Fun fact: This specialty green was once considered a weed. Also referred to as corn salad or lamb's lettuce, mâche has small, delicate leaves and a touch of sweetness along with a mild, nutty, herbaceous flavor.

MUSTARD GREENS
Its wrinkled leaves are succulent and tender when young, with spicy notes (think: horseradish or wasabi) that grow even stronger as they mature. Makes sense, given the plant's seeds are used to make actual mustard. Check out 'Red Giant,' which has dark red leaves with green undersides.

TATSOI
Growing in rosettes of glossy, spoon-shaped leaves, tatsoi has crisp, juicy stems and a tangy flavor like spinach with a bright kick. You can also find a deep purple variety, usually sold as red tatsoi.

FRISÉE
Also known as curly endive, this chicory family member's pale, greenish-yellow ombre leaves add interest to garden beds and salads alike. It's famous for its earthy bitterness.

WATERCRESS
Perhaps the punchiest of the bunch, this cruciferous family member tastes verdant, spicy and crisp. Be sure to give it plenty of water to simulate its natural growing environment in or near a stream.

MIZUNA
Deeply serrated, fringy leaves give mizuna great texture. Juvenile leaves are more tender and mild, while mature ones taste peppery. We're big fans of the green-stemmed and purple-leafed 'Red Streaks' variety.

The Dirt on Growing Greens

Quick crops like these—ready in a month and change—are best suited to spring and fall gardens (or winter in the South) because they prefer temperatures between 50 and 65°F. (Although some varieties do well in the heat of summer—check the seed packet or seedling tag.) They don't require much room and thrive equally well in containers. Just be sure you give them full sun, rich soil and regular watering. Major bonus: Most greens regrow after harvest, as long as you leave about an inch behind when you snip them (kitchen shears work great). For a steady harvest, resow every two weeks.

A few places to seek out cool varieties include:

- Renee's Garden *(reneesgarden.com)*
- Hudson Valley Seed Company *(hudsonvalleyseed.com)*
- Adaptive Seeds *(adaptiveseeds.com)*
- High Mowing Organic Seeds (*highmowingseeds.com*)

Greens & Mango Salad with Ginger-Raisin Vinaigrette

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Spicy Green Salad
with Soy & Roasted
Garlic Dressing

Scan with your phone's camera for the only formula you need to make homemade vinaigrette.

Spicy Green Salad with Soy & Roasted Garlic Dressing

ACTIVE: 45 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Refrigerate dressing (Steps 1-3) for up to 3 days.

Piquant greens, such as mizuna and mustard, are mellowed by a sweet-and-savory dressing that includes a whole head of roasted garlic. Top with grilled shrimp or beef to make it a main course. (Recipe by Ellen Ecker Ogden.)

- **1 head garlic plus ½ small clove, divided**
- **4 tablespoons extra-virgin olive oil plus 2 teaspoons, divided**
- **Juice of 1 lime**
- **2 tablespoons red-wine vinegar**
- **1 tablespoon grated fresh ginger**
- **1 tablespoon toasted sesame oil**
- **1 tablespoon reduced-sodium tamari *or* soy sauce**
- **⅛ teaspoon ground pepper plus ¼ teaspoon, divided**
- **1 pound asparagus, trimmed and cut into 1-inch pieces**
- **¼ teaspoon salt plus a pinch, divided**
- **3 cups baby mizuna *or* baby kale**
- **3 cups baby mustard greens, tatsoi *or* watercress, tough stems removed**
- **2 tablespoons toasted sesame seeds**

1. Preheat oven to 400°F.

2. Rub excess papery skin off garlic head without separating cloves. Slice the tip off, exposing the ends of the cloves. Place the garlic head on a piece of foil, drizzle with 1 tablespoon olive oil and wrap into a package. Put in a baking dish and bake until the garlic is very soft, 40 minutes to 1 hour. Unwrap and let cool slightly. Increase oven temperature to 450°F.

3. Squeeze the garlic pulp into a blender or mini food processor (discard the skins). Add 3 tablespoons olive oil, lime juice, vinegar, ginger, sesame oil, tamari (or soy sauce) and ⅛ teaspoon pepper; blend or process until smooth.

4. Toss asparagus with the remaining 2 teaspoons olive oil and ¼ teaspoon each salt and pepper in a large bowl. Spread in a single layer on a rimmed baking sheet. Roast, stirring once halfway through, until tender and browned, 8 to 12 minutes.

5. Finely chop the remaining ½ garlic clove and add to the bowl along with all the greens and the remaining pinch of salt. (If leaves are large, tear them into bite-size pieces first.) Pour the dressing over the greens; toss to coat. Sprinkle with sesame seeds and the asparagus; toss and serve.

SERVES 4: 1¼ cups each

Cal 270 **Fat** 23g (sat 3g) **Chol** 0mg **Carbs** 13g **Total sugars** 3g (added 0g) **Protein** 6g **Fiber** 5g **Sodium** 402mg **Potassium** 464mg.

Roasted Mushroom Salad with Sherry Dressing

ACTIVE: 15 min **TOTAL:** 30 min

Adding the sherry and garlic directly to the hot baking sheet in Step 4 cooks off the alcohol and mellows the garlic. It also allow you incorporate the tasty browned bits from the pan into the salad. Frisée provides a nice textural contrast to the tender mushrooms. (Recipe by Breana Lai Killeen.)

- **1 pound mixed mushrooms, such as cremini, shiitake caps, oyster *and/or* beech, halved or quartered, depending on size**
- **1 small onion, halved and sliced**
- **3 tablespoons extra-virgin olive oil, divided**
- **¼ teaspoon salt, divided**
- **2 tablespoons lemon juice**
- **1½ teaspoons chopped fresh thyme *or* ½ teaspoon dried**
- **¼ teaspoon ground pepper**
- **3 tablespoons dry sherry**
- **2 cloves garlic, minced**
- **8 cups bitter salad greens, such as frisée, arugula *and/or* baby dandelion greens**
- **2 tablespoons shaved Parmesan cheese**

1. Preheat oven to 450°F.

2. Toss mushrooms, onion, 1 tablespoon oil and ⅛ teaspoon salt in a large bowl. Spread in an even layer on a large, rimmed baking sheet. Roast, stirring occasionally, until soft and golden brown, 15 to 20 minutes.

3. Meanwhile, whisk the remaining 2 tablespoons oil, lemon juice, thyme, ⅛ teaspoon salt and pepper in the large bowl.

4. Remove the mushroom mixture from the oven. Immediately add sherry and garlic to the pan, stirring and scraping up any browned bits. Scrape the mixture into the bowl with the dressing. Add greens and toss to coat. Serve the salad sprinkled with Parmesan.

SERVES 6: 1½ cups each

Cal 107 **Fat** 8g (sat 1g) **Chol** 1mg **Carbs** 6g **Total sugars** 3g (added 0g) **Protein** 4g **Fiber** 2g **Sodium** 141mg **Potassium** 395mg.

STYLING: TYNA HOANG (FOOD), NICOLE LOUIE (PROPS)

Smoked Trout Salad with Herb & Horseradish Dressing

ACTIVE: 20 min **TOTAL:** 20 min

This no-cook main-dish salad pairs a flavorful dressing featuring sharp horseradish and tangy crème fraîche with smoked trout. (Recipe by Ellen Ecker Ogden. Photo: page 85.)

- ¾ cup crème fraîche *or* sour cream
- ½ cup finely chopped mixed fresh herbs, such as chives, dill *and/or* parsley
- 3 tablespoons prepared horseradish
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 9 cups torn butterhead lettuce (from 1-2 heads)
- 6 cups bite-size pieces watercress *or* arugula, tough stems removed
- 1½ cups mâche *or* mixed salad greens
- 6 ounces smoked trout fillet, skin removed and flaked
- 6 scallions, sliced
- 1½ tablespoons capers, rinsed (optional)

Whisk crème fraîche (or sour cream), herbs, horseradish, salt and pepper in a large bowl. Add lettuce, watercress (or arugula) and mâche (or mixed greens) and gently toss to coat. Top with trout, scallions and capers, if using, before serving.

SERVES 4: 3 cups each
Cal 311 **Fat** 22g (sat 12g) **Chol** 82mg **Carbs** 9g **Total sugars** 4g (added 0g) **Protein** 21g **Fiber** 3g **Sodium** 517mg **Potassium** 921mg.

Spinach Salad with Warm Maple Dressing

ACTIVE: 20 min **TOTAL:** 20 min

Pure maple syrup adds body and rich flavor to the dressing, providing a perfect counterpoint to the smoked cheese. (Recipe by Ruth Cousineau. Photo: page 85.)

- 12 cups torn mature spinach leaves *or* baby spinach
- 3 mini cucumbers, sliced on the bias
- 2 tablespoons extra-virgin olive oil
- 1 medium shallot, finely chopped
- ¼ cup cider vinegar
- 2 tablespoons pure maple syrup
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup shredded smoked cheese, such as Gouda *or* Cheddar
- ¼ cup chopped pecans, toasted

1. Toss spinach and cucumbers in a large serving bowl.
2. Heat oil in a small skillet over medium-low heat. Add shallot and cook, stirring often, until softened, 4 to 5 minutes. Add vinegar and maple syrup; bring to a boil. Stir in salt and pepper.
3. Immediately pour the dressing over the spinach and cucumbers. Toss and sprinkle with cheese and pecans. Serve immediately.

SERVES 6: 1½ cups each
Cal 132 **Fat** 10g (sat 2g) **Chol** 5mg **Carbs** 9g **Total sugars** 5g (added 4g) **Protein** 3g **Fiber** 2g **Sodium** 179mg **Potassium** 121mg.

Mâche & Chicken Salad with Honey-Tahini Dressing

ACTIVE: 25 min **TOTAL:** 35 min

If it's not quite pea season where you live, thawed frozen peas are an excellent substitute for fresh. Look for tender mâche at farmers' markets and natural-foods stores. (Recipe by Ellen Ecker Ogden. Photo: page 85.)

- ¼ cup lemon juice
- 4 tablespoons extra-virgin olive oil, divided
- 3 tablespoons tahini
- 2 teaspoons honey
- 1 small clove garlic, minced
- ½ teaspoon salt, divided
- ⅛ teaspoon ground pepper plus ¼ teaspoon, divided
- 1 pound new *or* baby red potatoes
- 1 pound chicken tenders
- 4 cups mâche *or* baby spinach
- 1 cup shelled English peas (from about 1½ pounds unshelled)
- 1 tablespoon finely chopped shallot

1. Combine lemon juice, 3 tablespoons oil, tahini, honey, garlic, ¼ teaspoon salt and ⅛ teaspoon pepper in a large bowl. Whisk until smooth.
2. Place a steamer basket in a large saucepan, add 1 inch of water and bring to a boil. Put potatoes in the basket, cover and steam until barely tender when pierced with the tip of a knife, 15 to 20 minutes, depending on size. When cool enough to handle, slice or quarter.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Add chicken and sprinkle with the remaining ¼ teaspoon each salt and pepper. Cook, flipping once, until golden brown and cooked through, about 4 minutes per side. Transfer to a cutting board. Using two forks, shred into bite-size pieces.
4. Add mâche (or spinach), peas and shallot along with the potatoes and chicken to the dressing; gently toss to coat.

SERVES 4: 2 cups each
Cal 433 **Fat** 22g (sat 3g) **Chol** 56mg **Carbs** 31g **Total sugars** 7g (added 3g) **Protein** 34g **Fiber** 5g **Sodium** 442mg **Potassium** 818mg.

Greens & Mango Salad with Ginger-Raisin Vinaigrette

ACTIVE: 35 min **TOTAL:** 35 min

The combination of golden raisins, malt vinegar, fresh ginger and chile yields a complex dressing for an otherwise simple green salad. (Recipe by Raghavan Iyer. Photo: page 87.)

- ¼ cup golden raisins
- 1 cup boiling water
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons malt vinegar *or* red-wine vinegar
- 1 tablespoon finely chopped fresh cilantro
- 1 teaspoon minced fresh peeled ginger
- 1 fresh green Thai, serrano *or* small jalapeño chile, stemmed and finely chopped
- ⅛ teaspoon salt
- 1 5-ounce package mesclun *or* other mixed baby salad greens (8 cups)
- 1 large ripe, firm mango, peeled and sliced
- 1 medium red bell pepper, thinly sliced

1. Place raisins and boiling water in a small bowl. Let soften for 30 minutes. Drain; transfer the raisins to a mini food processor. Add oil, vinegar, cilantro, ginger, chile and salt. Process, scraping the sides as needed, until smooth.
2. Toss greens with the dressing in a large bowl. Top with mango and bell pepper before serving.

SERVES 6: about 1⅓ cups each
Cal 115 **Fat** 7g (sat1g) **Chol** 0mg **Carbs** 13g **Total sugars** 10g (added 0g) **Protein** 1g **Fiber** 2g **Sodium** 58mg **Potassium** 227mg.

JOHANNA SILVER *is a James Beard Award-winning writer and the author of several gardening books. She lives in Berkeley, California, where she grows fruits, veggies and entirely too many flowers.*

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The Race to Find Plants for a HOT PLANET

In the coming years, the food you get at the grocery store—from rice to beans to greens—could be very different. As climate change threatens many of our current crops, researchers and geneticists are looking for both "lost" and novel varieties that can replace them.

By MARISSA CONRAD Illustrations by KATE DEHLER

In 1999, as the United States experienced its then-third-warmest year in recorded history, a plant breeder stumbled upon a wild white carrot that might just change the future of how crops are grown. Philipp Simon, Ph.D., a professor of horticulture at the University of Wisconsin-Madison, had just arrived in Izmir, Turkey, a city on the coast of the Aegean Sea. He was there on the hunt for diverse varieties of carrots, including purple ones favored by Turkish farmers. "They grow them for a local drink

called şalgam," says Simon. But first, he had to drive to the farms where these violet vegetables grew, "a big circle from Izmir to the east and back," he says.

As Simon and another plant scientist made the journey by Jeep, he noticed wild carrots growing on the side of the road, "just like along the roadside in Wisconsin," he says. These carrots were white and acerbic. They had forked roots, an undesirable trait. Yet, they were surviving, without farmer intervention, in close to triple-digit weather—temperatures that would wreak havoc on the crisp orange carrots grown back home. Simon stopped every 30 miles or so to collect a few.

Today, the seeds from those carrots, and other wild crops like them, are helping horticulturists answer an urgent question: How do we breed fruits and vegetables that will adapt to the world's rapidly changing climate? Historically, the temperature in Kern County, the area in California's Central Valley where more than 80% of U.S. carrots are grown, rarely broke 100 degrees; in 2017, temperatures climbed over 100 on 57 days. Farmers were complaining to Simon about poor crops: bland, knobby, low-yielding. "Things were off," he says.

Farms across America are in the same kind of trouble. In South Dakota, flooding throughout 2019 prevented 40% of farmland from being planted in the first place. In Wisconsin, record rainfall and changing weather patterns have ravaged crops, with the increased humidity affecting last year's broccoli at Plowshares & Prairie Farm, an organic farm in Argyle. "A lot of it got black mold," says Chelsea Chandler, who runs the

farm with her husband, Scott. And the future looks worse. By 2050, up to 66% of California's tomato fields may be unfit to grow the fruit, due to extreme heat. Across the country, each time the mean temperature ticks up another 1° Celsius (1.8°F), yields of corn, wheat and soybeans (much of which feed the livestock and poultry raised in the U.S.) are projected to decline by an average of 10%, 6% and 7%, respectively. Globally, in the next 30 years, climate change could shrink total crop yields by up to 12%.

By crossing that tough roadside carrot with today's grocery-store variety, Simon may be able to breed a new type that is orange and sweet but also more tolerant of high temperatures. Across the world, other scientists are working on similar climate-adapted crops: a drought-tolerant bean, salt-tolerant rice, a tomato relative that can grow in swampy soil. "It's a lot of work," Simon says. But there's also a lot at stake, from the micro to the macro. The selection at your store depends on thriving crops. Far more consequentially, so does food security around the globe. Of the tens of thousands of edible plants on the planet, we count on fewer than 20 types—including corn, wheat, beans, rice—to feed the world, and many of them are at risk.

BREEDING CLIMATE-HARDY CROPS

To understand climate-adapted crops, it helps to understand the origins of the produce we eat today. Not one of the plump, pretty fruits and vegetables at the market was born that way, so to speak. Thousands of years ago, farmers began domesticating wild plants, choosing the ones they considered best—the biggest, the fastest-growing, the most delicious—and crossing them to get new generations that combined these desirable traits. An ear of corn, for example, gradually morphed from a scraggly specimen with maybe two rows of kernels to a hefty cob with 20.

But for every wild crop selected for desirable traits that made it good to eat and easy to farm, many others were ignored. Wild plants, despite being hardy, often grow slowly, bruise easily or don't taste very good, among other flaws. "You need to remember that a pretty small gene pool actually went into each domesticated crop," says Stephanie Greene, Ph.D., a plant physiologist with the USDA who researches and conserves wild crop cousins. On the other hand, plants left in the wild got more resilient over time. "They adapted to grow in crazy environments," says Greene. "And so we're reaching out into the wild gene pool to look for those useful genes that might not have been captured when we domesticated the species."

In fields about 12 miles west of his Madison labs, Simon grows thousands of carrots—that Turkish one and many varieties—in screened-in enclosures about 6 feet tall and 3 feet across. Flies and bees buzz about, transferring pollen between the different cultivars of plants. Cross-pollination is a classic breeding technique; in the biz, they call it conventional breeding. "Basically, what we're doing is mixing up the genes from the wild carrot with those of the cultivated carrots, and hoping for, just by chance, the best combinations of those genes," Simon explains. The carrots from a first cross were pale and scrawny. "You'd think, 'What the heck is going on? This isn't a carrot,'" Simon says. He chooses the best of the bunch and crosses them with another batch of cultivated carrots, and does that again and again for every seed generation, until he has carrots that are mostly pulling from the elite gene pool with a dash of wild. Looking at the ones he's working with now, you'd never know they were different from what's at the grocery store.

Breeders call this introgression; put another way, the wild trait of interest is bred into the elite line. When a devastating fungal disease (late blight of tomato) threatened tomatoes around a decade ago, breeders discovered that a tomato wild relative from Peru wasn't susceptible and introgressed that resistance into tomatoes. Over the years, many crops have borrowed genes from wild ancestors to fight diseases. Climatic events—temperature swings, rain, drought—are a newer focus. An early victory happened in 2006, when Pamela Ronald, Ph.D., a plant pathologist and geneticist at the University of California, Davis, and her colleagues isolated a gene in an ancient rice species that allowed the crop to survive underwater for 14 days, leading to the development of a flood-resistant rice.

Breeding for climate tolerance is harder than breeding for color, flavor, size or yield. Simon can see if his cross-pollinated carrots are orange or taste if they're sweet. "I eat a lot of carrots over the course of a year," he says. But to know if a carrot offspring has inherited the ability to survive scorching temperatures isn't obvious. Currently, he has 3,000 plots of carrots growing in the California desert, about 8 miles from the Mexican border. The plants that can take the heat will make the cut for the next round of backcrossing with the elite pool. "It's a good 10 to 15 years to move the genes from a wild carrot," Simon says. "If we push hard."

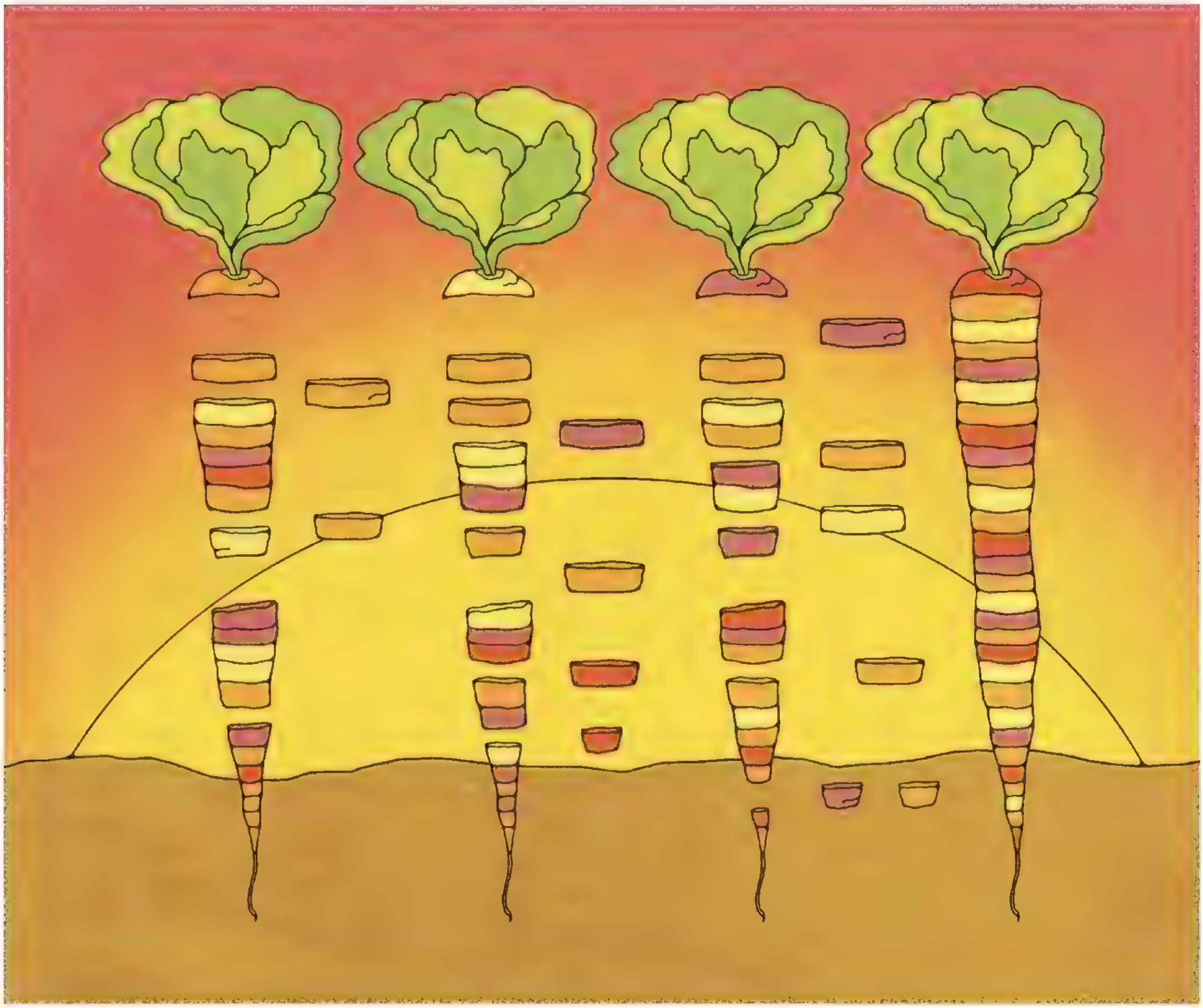
Of the tens of thousands of edible plants on the planet, we count on **fewer than 20 types of crops** to feed the world, and many of them are at risk.

A HIGH-TECH SOLUTION

Introgression is slow because it opens the door to many genetic changes, some that may be less desirable. "To take a step forward, you also need to kind of take steps back," explains Nicholas Karavolias, a plant biology Ph.D. candidate at the University of California, Berkeley. "Let's say this wild crop ancestor has really good disease tolerance. But it also has terrible yields. You're inviting both traits in, only to have to breed one out again."

As an undergrad, Karavolias worked in a conventional breeding program, but at Berkeley he now focuses on a potentially faster route to climate-adapted crops: CRISPR-Cas9, the gene-editing technology that made headlines last year for restoring vision in patients with a rare genetic eye disorder. (Using this molecular tool, sometimes called genetic scissors, doctors sent an enzyme into the eye's nerve tissue to "snip" and correct the mutated gene.) Jennifer Doudna, Ph.D., the co-developer of CRISPR who co-won the 2020 Nobel Prize in chemistry, is excited about what the tool can do with plants, "especially as we deal with the challenges of climate change," she said at a lecture in September.

Genes are depicted by lines of code—a bunch of As and Ts and Cs and Gs (representing the chemicals adenine,



thymine, cytosine and guanine) that tell us, for example, how large a plant will grow or what color fruit it will bear. One way to use CRISPR is to decipher the genetics of a beneficial trait from a crop wild relative, then edit the genetic code of the domesticated crop so it has the same characteristics—a procedure known as a knock-in. This is a more precise version of what Simon's bees are doing to his carrots, though it's not a simple copy-and-paste. Traits like heat- and drought-tolerance are usually polygenic, which means there could be thousands of genes, working together in complex ways, that account for why a plant is able to survive in a harsh climate.

Karavolias is more focused on the potential of using CRISPR to perform knock*outs*. Similar to what doctors did with the vision-impaired patients, this involves identifying genes that, if deleted, could improve a plant's climate tolerance, and then using the Cas9 tool to cleave those genes. This can be less difficult than inserting genetic code, and in some countries, subject to fewer regulations. "It's kind of sociopolitical, why we're pursuing knockouts," he says.

In the U.S., edited crops are not considered to be genetically modified organisms by the USDA. That's because GMOs contain DNA from a different species, like inserting apple genes into a kiwi, or even enlisting bacteria from a foreign organism as the vessel that carries kiwi DNA into another kiwi, an older way of using the CRISPR technology. The way breeders use CRISPR today is to insert DNA from the same species (apple to apple, kiwi to kiwi) sans foreign bacteria, or to cleave a gene, making fruits and vegetables that could have been created by nature. Per a new rule abbreviated as SECURE, the USDA does not subject CRISPRed crops to biotech regulations if the same change to the plant could be achieved through conventional breeding. In an editorial for *The CRISPR Journal*, geneticist Rodolphe Barrangou, Ph.D., called SECURE "arguably the most significant, and perhaps overdue, new regulatory framework for plant breeding since 1987." That said, the rule, at nearly 49 pages, details how many insertions and deletions of genetic code, under what circumstances, are and aren't allowed—making a relatively simple single-gene knockout all the more appealing.

In September, Karavolias and colleagues published a review of work researchers around the world have done in the field of climate-adapted agriculture.

"More or less, every example is based on a knockout," he says. For example, knocking out a gene in rice plants known as OsRR22, which was associated with salt susceptibility, helped the plants grow in sodium-rich conditions, potentially of use in areas where rising sea levels have led to saltwater-contaminated fields.

Karavolias has worried about climate change since 2005, the day that his third-grade teacher warned his Long Island class about global warming, as it was then commonly called. "It just really clicked for me," he says. "I decided that it was terrifying." Often, in the car with his family on hot days, he would scream the words "global warming" over and over until a sibling talked him down. As he got older, he began to think about how he could be part of the solution. It was personal too. His parents, who emigrated from Cyprus, both came from farm families. "I've seen the ways that my uncle, raising olive or citrus crops in Cyprus, could benefit from technology, varieties, developments that occur," he says.

Karavolias recently shipped off his latest project, a drought-tolerant rice variety, for field testing. It took him three years to get this far. There are no guarantees, but he hopes that the seed will be ready for distribution in another few years. It has the potential to help rice farmers all over the world, from Colombia to Arkansas.

REDISCOVERING "LOST" CROPS

Plant physiologist Stephanie Greene sometimes compares wild species to wolves and elite crops to poodles. In the middle of that spectrum is a wealth of genetic diversity. Landraces are crops that have been domesticated to some extent but not intensively bred, grown by small-hold farmers for generations (many heirlooms fall under this category). Landraces may not be as productive as elite cultivars, but because

"Can we elevate an entire family of orphan crops? This is where I think **genome editing** gets really exciting." —**Plant geneticist Zachary Lippman, Ph.D.**

they've persevered without much coddling, they're resilient. Then there are orphan crops, which are similarly grown on a small scale, have often adapted to extreme conditions and haven't received much attention from researchers. These crops, such as the lablab, a drought-tolerant bean grown in some parts of Africa, offer an interesting opportunity for breeders. Instead of retrofitting elite crops to handle extreme weather, could they take a crop that's already hardy—one with potential for large-scale growth—and edit out some of its flaws? "Can we elevate an entire family of orphan crops?" asks plant geneticist Zachary Lippman, Ph.D., a Howard Hughes Medical Institute investigator and professor at Cold Spring Harbor Laboratory, a leading research center in New York. "This is where I think genome editing gets really exciting."

Lippman's lab works with orphan crops, such as the African eggplant, a distant relative of the tomato. One edible and attractive cultivar, grown in sub-Saharan Africa, is small and red and looks like a cross between a tomato and a miniature pumpkin. Other varieties are white or orange. Some can grow in swampy, inhospitable soil or in upward of 110°F heat. Many are prickly and impractically large. Lippman is using CRISPR to try to eliminate the prickles, shorten stems and kick up the yield. "Farmers facing crop loss should have the ability to say, 'OK, I want to try the African eggplant. It's going to be able to grow in soils that are more challenging,'" he says.

In 2018, Lippman achieved a similar transformation in the groundcherry, a South American orphan crop with sweet berries. He got a lot of attention for it, but notes that working with orphan crops is not a slam dunk—it's more complicated than that. "The reality is that a lot of this is still a black box," he says. Yet: "The other side of the coin is that it's working."

Ultimately, he sees potential in a combination of gene editing and conventional breeding. With CRISPR he can make a few leaps, called step changes—using what he knows about, say, the tomato's DNA to target the gene that might increase yield or accelerate growth in the African eggplant, its orphan-crop relative. From there, conventional breeding could step in to try for adaptations where it's not so obvious which genes to target, ones that might take a few generations of selection to achieve.

There are many orphan crops to explore, Lippman notes, adding that "teff is a great example." The grain is nutritious and drought-tolerant. On the flip side, rain can wipe it out pretty easily, and the plant's tiny seeds—the smallest of all grains in the world—often blow away in the wind. "It's a horrible plant," Lippman says. "Is it worthwhile to make it into a genome-edited less-horrible plant or not-at-all horrible plant? I don't know. But those questions can and should be asked across the board."

COMING TO A GROCERY NEAR YOU

In 2020, SCOPE, a plant-breeding project at UC Davis, unveiled six varieties of heat- and disease-tolerant dried beans, bred conventionally by crossing common varieties with more resilient relatives. Farmers around the country are growing the new varieties now, and a California-based company called Primary Beans, founded by sisters Lesley and Renee Sykes, will be among the first to sell them.

Globally, organizations such as the International Rice Research Institute and the International Crops Research Institute for the Semi-Arid Tropics are helping to distribute climate-adapted seeds to farmers struggling with the effects of climate change. The crops are already making a difference. In the semi-arid tropics of India, farmers who planted drought-tolerant groundnut increased their yield by 23%. More than 6 million farmers around the world are now growing flood-resistant rice, making it the fastest-adopted rice variety in the history of modern farming. And in 2019, the Crop Trust, an international nonprofit based in Germany, wrapped a seed collection project of unprecedented size. After six years of scouring deserts, grasslands and mountains in 25 countries for crops that naturally grow in harsh conditions, collectors returned with more than 4,600 different samples. Ahmed Amri, Ph.D., a plant geneticist in Morocco, searched more than 400 miles of Mauritania, in northwestern Africa, during one of his collection missions. He was successful, bringing back samples of heat-tolerant wheat, barley and sorghum.

Seeds like this will live in vaults around the world, where breeders can request to work with them, almost like a library. Greene is the seed curator for the U.S.'s largest seed vault, a high-security building in Fort Collins, Colorado, designed to withstand tornadoes and floods. "It's pretty amazing," she says. She recently oversaw research to collect and conserve U.S. native wild relatives of blueberries, raspberries, pecans, plums, sunflower, potatoes, barley and other crops—all "valuable genetic resources," she says. Maybe one of these wild crop cousins will, one day, help save blueberries in Maine, suffering through hotter springs, or barley in North Dakota, drowned by wetter summers.

Moving CRISPR-edited crops from lab to grocery store is more of a challenge. The Broad Institute, a genomic research center in Cambridge, Massachusetts, holds the commercial patent to use CRISPR-Cas9 on plants. To bring edited produce to market, a breeder would need to license the seeds through the institute, likely for a steep fee. Some fear this will give a leg up to companies using CRISPR not just for climate work, but to develop food that can be sold at a premium. Pairwise, a startup backed by $125 million in funding from ag-tech conglomerate Monsanto (now Bayer) entered a CRISPR-Cas9 licensing agreement with the Broad Institute in 2019 for an undisclosed sum. Among their big projects? Seedless berries and less-bitter salad greens.

Back on Long Island, Lippman let his thoughts move from what's possible now to what might happen in 10 or 15 years. Eventually, he says, breeders might be able to use CRISPR to rewrite a plant's entire genome, editing dozens of traits in one sweep. "We can be realistic now, but we should also be optimistic, open-minded and embracing of the technology and all that's coming with it," he says. "Let's roll, let's run—you know, let's just do this."

MARISSA CONRAD *is a New York-based food and sustainability writer.*

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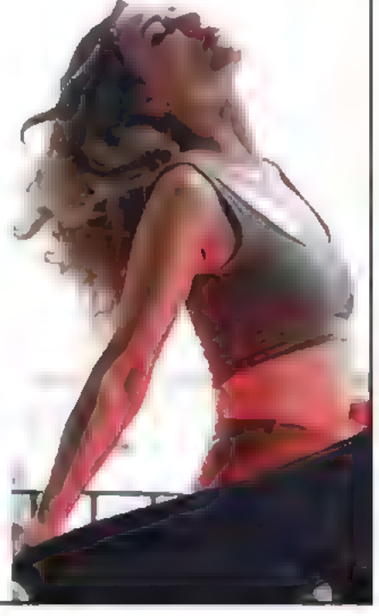

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WELL SEASONED

SMARTS FROM OUR TEST KITCHEN

Let's Do Brunch

Gravlax is one of those rare dishes that has major wow factor but is surprisingly easy to make with just a few simple ingredients. (It's OK, no one has to know.) When it's ready, grab a very sharp chef's or slicing knife and cut paper-thin slices—making long, even strokes against the grain of the salmon at a 45-degree angle, so you get wide pieces that hold together.

Turn the page for our gravlax recipe and more Test Kitchen intel.

ANTONIS ACHILLEOS

Cure Genius

How can something so heavenly come from just six ingredients? It all starts with good fish and a foolproof method. Pull up a bagel and we'll explain. **By Adam Dolge**

Wild Salmon. In the Test Kitchen, we unanimously found that king salmon (also known as Chinook) made the most delicious gravlax due to its rich flavor and high fat content. But we did like all of the types of salmon we tested—just get the freshest previously frozen fish you can find (the freezing process helps kill any parasites) or thaw a frozen fillet yourself. And reach for wild salmon, if possible. Its flavor is more complex, plus environmental groups have raised red flags about some salmon farms' impact on waterways and other aquatic species. Ask your fishmonger whether the salmon is wild and sustainably caught, or look for label certifications from the Marine Stewardship Council. For responsibly farmed salmon, look for certification from the Aquaculture Stewardship Council.

Salt and Sugar. We use a classic ratio of 2 parts salt to 1 part sugar. This "cure" serves many purposes. For starters, both the salt and sugar draw moisture out of the salmon through osmosis, reducing the water content of the flesh, a process that makes the uncooked fish safe to eat. (Salt kills some types of bacteria by starving them of water.) Curing also changes the texture of the salmon by denaturing the proteins in the fish, firming it up. And sugar balances out the salt and enhances the salmon's natural sweetness.

Note: We use Morton kosher salt in the Test Kitchen. If you opt for Diamond Crystal brand, increase the amount to 5 tablespoons to equal about the same amount of sodium (it weighs about half as much as Morton). Don't sub in table salt. Its small crystal size means more sodium per tablespoon, which will make the gravlax way too salty.

Gravlax

ACTIVE: 15 min **TOTAL:** 2-3 days of curing
TO MAKE AHEAD: Refrigerate cured gravlax for up to 4 days.

- **1 1¼-pound wild salmon fillet, skin on**
- **3 tablespoons kosher salt**
- **1½ tablespoons light brown sugar**
- **1 teaspoon caraway seeds, toasted and ground**
- **½ teaspoon ground white pepper**
- **2 large bunches dill, divided**

1. Cut salmon in half, feel for any bones and remove with tweezers. Pat dry. Combine salt, brown sugar, caraway and white pepper in a small bowl. Spread half the dill in a 7-by-11-inch baking dish. Sprinkle 1½ teaspoons of the salt mixture on the salmon skin. Rub the remaining mixture on the flesh side. Place the pieces on top of each other, skin-sides facing out, then place in the baking dish on top of the dill. Cover with the remaining dill.
2. Cover the dish with foil or plastic wrap. Place a plate on top and add a small weight, such as a can of beans. Refrigerate for 24 hours.
3. Flip the salmon, cover and weight it again. Refrigerate for 1 to 2 days more.
4. When ready to serve, discard the dill (leave any remaining salt mixture in place). Thinly slice the salmon against the grain.
SERVES 16: 1 oz. each (about 3 slices)
Cal 45 **Fat** 2g (sat 0g) **Chol** 17mg **Carbs** 0g **Total sugars** 0g (added 0g) **Protein** 6g **Fiber** 0g **Sodium** 134mg **Potassium** 155mg.

The History of Gravlax

Fishermen in cold climates have preserved fish for thousands of years. In Scandinavia, the fish was salted and buried underground. (The word "gravlax" has Germanic roots that loosely translate to "grave," "ditch" or "to dig.") The cold Nordic environment, along with the lack of oxygen, preserved the salmon so it could be eaten during the months when fish were no longer running.

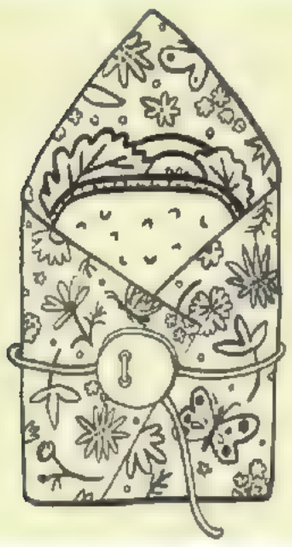
CAITLIN BENSEL; STYLING: CHELSEA ZIMMER (FOOD), EMILY NABORS HALL (FOOD, P.99), LYDIA PURCELL (PROPS)

Less Plastic—Fantastic!

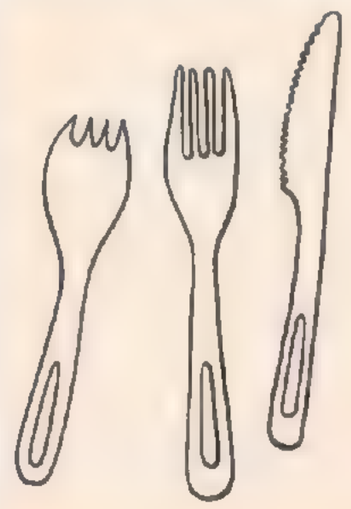
Did you know the average American disposes of more than 200 pounds of the stuff annually? And single-use plastics are a big part of that total. We've rounded up some sustainable finds to help shrink your plastic footprint. **By Morgan Durick**

Food Huggers
These silicone food savers eliminate the need for plastic wrap or foil and fit snugly over jars, cans or that leftover half tomato from lunch. Bonus: They're dishwasher- and microwave-safe and nest together for easy storage. *($17/set of 5, foodhuggers.com)*

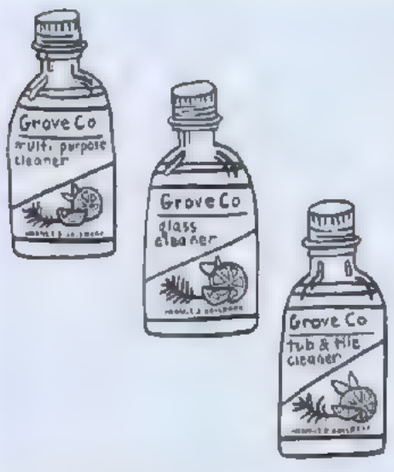
Dropps Dishwasher Detergent
Dropps has eliminated more than 3 million plastic jugs since launching in 2006. The pods contain an environmentally friendly formula that doesn't require pre-rinsing—saving time and water. They also cut waste by shipping in a recyclable box that doubles as packaging. *($25 & up, dropps.com)*



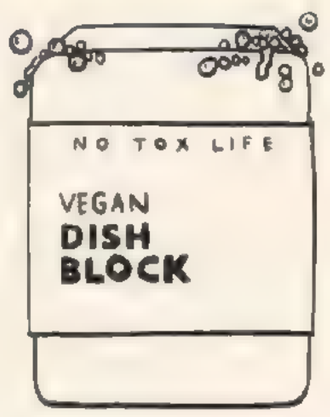
Bee's Wrap
Here's another way to ditch that roll of (unrecyclable) plastic wrap. Crafted from natural ingredients like beeswax, cotton, plant oils and tree resin, these Vermont-made wraps can be washed and reused for over a year. And, they come in a range of adorable designs. *($19/assorted 3-pack, beeswrap.com)*



World Centric Assorted Cutlery
There are times—picnics, road trips, takeout dinners—when a disposable fork or spoon is just easier. That's when we turn to these utensils, which are biodegradable and commercially compostable. Pitch or save them for next time. *($4/set of 24, store.worldcentric.com)*

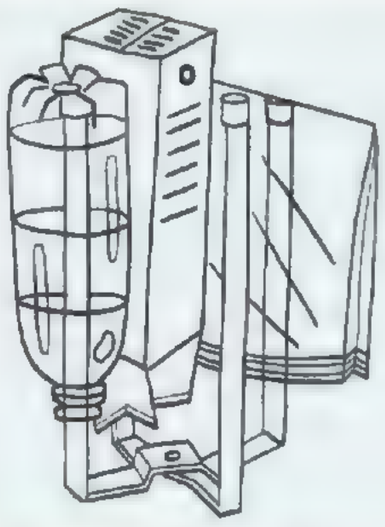


Grove Co. Essential Cleaner Concentrates Set
Packaged in recyclable glass, this 3-piece set contains multipurpose, glass and tub-and-tile cleaner concentrates made from plant-based formulas. Mix with water in a reusable spray bottle. We're fans of the fragrances, too, like orange and rosemary. *($10, Grove.co)*



No Tox Life Dish Block
Trade your plastic dish soap bottle for this solid bar that has more uses than your kitchen sink. The gentle vegan formula does the dishes and removes laundry and carpet stains too. The company also sells a plant-fiber dish brush—a great alternative to plastic sponges. *($8 & up, notoxlife.com)*

Zip Top Dishes, Bags and Cups
Made from 100% BPA-free silicone, one reusable zip-up container can replace 5,000+ plastic baggies. Designed to stand upright, they are easy to fill before sealing and come in a wide array of shapes and sizes. They're also microwave-, freezer- and dishwasher-safe. *($10 & up, ziptop.com)*



Yamazaki Dryer
We love this multiuse kitchen stand for drying bottles, silicone bags and gently used plastic bags (hey, sometimes you just need a plastic baggie). Simply rinse bags or bottles clean then hang upside down to dry. Plus, it folds flat to stash in a drawer. *($19, theyamazakihome.com)*

ILLUSTRATIONS BY NINA CHAKRABARTI

To shop these products & more, go to eatingwell.com/lessplastic

A Bean Buyer's Guide

There are hundreds of varieties of beans grown throughout the world, yet often only a handful are sold in grocery stores. Here are our go-to companies that sell unique ones—worth seeking out for the recipes in "The Not-So-Humble Bean" on page 76.

Zürsun Idaho Heirloom Beans
Grown mostly on small family farms throughout Idaho's Snake River Canyon, these heritage beans and lentils come in a wide range of options, including burgundy-mottled Christmas lima beans and snowcap beans, an earthy type that holds up to bold flavors. *(zursunbeans.com)*

Camellia Brand
These beans are produced by Louisiana-based L.H. Hayward and Company—which dates back to the 1920s. You'll find an assortment of options like lady cream peas, a sweet and creamy cowpea, along with pink beans and field peas. Available in stores throughout the South and online. *(camelliabrand.com)*

Rancho Gordo
Based in Napa, California, this company sells beans grown in the U.S. and on small farms in Mexico through the Rancho Gordo-Xoxoc Project (a collaborative effort with Mexican growers). They carry offerings like Santa Maria pinquito, corona and domingo rojo beans. *(ranchogordo.com)*

CALL IN A SUB

Find yourself without the exact type of bean a recipe calls for—or just want to try something new? No problem. That's the beauty of this versatile ingredient. Follow our guide for what to swap in, based on flavor, texture and how they're typically used.

SWAP THESE for KIDNEY BEANS

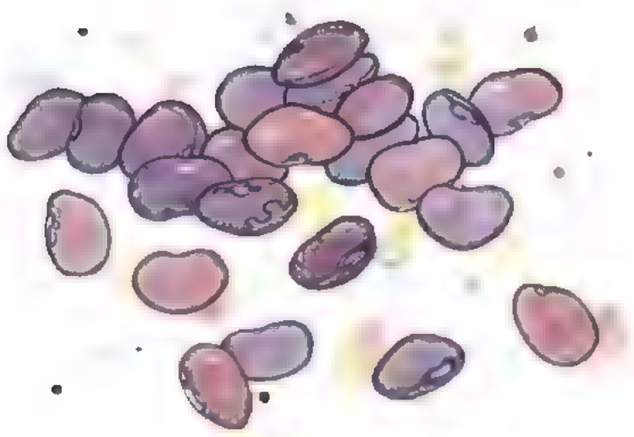
Calypso *(shown)*
Cranberry (also called Romano)
Pinto
Mayocoba

SWAP THESE for CANNELLINI BEANS

Butter *(shown)*
Navy
Corona
Great Northern

SWAP THESE for REGULAR BLACK BEANS

Ayocote Morado *(shown)*
Scarlet Runner
Midnight Black
Frijol Negro de Vara (Chiapas)



SWAP THESE for CHICKPEAS

Fava *(shown)*
Adzuki
Red
Black Soy

Ask Breana

Are ceramic skillets better than traditional nonstick ones?

The issue with regular nonstick skillets is their coating likely contains a group of synthetic chemicals called PFAS (per- and polyfluoroalkyl substances). They're considered "forever chemicals" because they can stay in the human body (and environment) for years. PFAS have been linked to a slew of health concerns over the last two decades, including certain cancers.

The Environmental Protection Agency mandated a phase-out of two major types of PFAS—PFOS and PFOA—in 2002, but they've been replaced by thousands of other varieties of the chemical.

I reached out to toxicologist Tamara Tal, Ph.D., a group leader at Helmholtz Centre for Environmental Research UFZ in Germany, who studies PFAS, and she says ceramic skillets are a good alternative to traditional nonstick because they don't utilize any of these chemicals.

Just like traditional nonstick, proper care of a ceramic pan is important for safety. I recommend following the manufacturer's heating instructions (a ceramic skillet can typically stand higher heat than a standard nonstick one), avoiding metal utensils, hand-washing the pan and replacing when scratched. In our Test Kitchen, we use skillets from GreenPan (*greenpan.us*) and Zwilling (*zwilling.com*). We also stack all of our nonstick skillets (traditional and ceramic) between towels to protect their coating.

Some ceramic pans may contain high levels of lead or cadmium, so purchase ones that meet or exceed California Proposition 65, the strictest U.S. standard for these heavy metals (check the manufacturer's website for certification).

BREANA LAI KILLEEN, M.P.H., RD, *is* EatingWell's *Test Kitchen manager.*

ILLUSTRATIONS BY EMMA DIBBEN

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers																				
64	Black Sea Bass & Rhubarb Ceviche	64	2	0	11	1	102	218								■	■	■		
50	Chaat Masala Deviled Eggs	135	1	0	6	0	113	74					23		■	■		■		■
100	Gravlax	45	0	0	6	0	134	155					42			■	■	■		
50	Thai-Inspired Eggs with Tamarind Sauce	101	5	2	6	0	180	70					23		■	■	■	■		
Sides																				
82	Basic Mashed Black Beans	215	37	0	11	5	299	42								■	■		■	■
43	Grilled Baby Bok Choy with Soy-Lime Dressing	85	4	1	2	1	399	201				67		40	■	■		■		■
80	Herb Marinated Beans	250	14	0	5	4	177	228							■	■			■	■
43	Roasted Asparagus with Chive-Anchovy Butter	141	11	0	4	2	276	164		22					■			■		
Salads																				
35	Caesar Salad with Crispy Artichokes	320	16	0	7	3	371	315				201		43	■			■		■
41	Collard Green Salad with Peanut Vinaigrette	565	26	4	18	10	750	938		55		93	23	50	■	■				
90	Greens & Mango Salad with Ginger-Raisin Vinaigrette	115	13	0	1	2	58	227				32		43	■		■	■	■	■
90	Mâche & Chicken Salad with Honey-Tahini Dressing	433	31	3	34	5	442	818		28		71		34	■	■	■	■		
89	Roasted Mushroom Salad with Sherry Dressing	107	6	0	4	2	141	395							■	■	■	■		■
50	Smoked Salmon Chopped Salad	387	21	4	20	9	747	1,104		76	20	311	54	32	■	■		■		
90	Smoked Trout Salad with Herb & Horseradish Dressing	311	9	0	21	3	517	921		38		135	122	47	■	■		■		
89	Spicy Green Salad with Soy & Roasted Garlic Dressing	270	13	0	6	5	402	464			25	50		73		■			■	■
90	Spinach Salad with Warm Maple Dressing	132	9	4	3	2	179	121				63			■	■		■		■
Vegetarian & Vegan																				
40	Asparagus, Leek & Ricotta Frittata	369	14	0	18	3	549	424		32	26	49	39		■	■		■		■
78	Black Bean-Stuffed Chile Rellenos	388	35	0	14	4	469	62				26		150						■
28	Cajun-Spiced Tofu Tostadas with Beet Crema	432	41	0	16	10	496	606		21		24		59	■	■		■		■
82	Cheesy Marinara Beans	357	30	0	19	8	474	503	23			27	23	29	■	■		■		■
82	Lemony Lentil & Chard Soup	365	51	0	22	13	683	905			30	47		24		■		■	■	■
79	Smothered Black Soybean Burgers	439	42	1	17	10	771	486			24	33						■		■
29	Sweet Potato, Broccoli & Wild Rice Hash	265	27	0	11	4	401	612				298		57	■	■	■	■		■
75	Use-It-Up Vegetable Soup	235	34	0	9	8	490	957		28		105		117		■		■	■	■
73	Vegetable Panade	163	19	0	8	5	351	167				45					■	■		
74	Vegetable Rösti with Poached Eggs	369	31	0	14	3	541	647		23		83	28	21				■		■
50	Za'atar Egg Salad Pita	369	24	0	20	3	686	334					66		■			■		■
Chicken																				
70	Any-Brine Chicken with Herb Pan Sauce	273	6	0	28	1	235	458					20			■		■		
30	Apricot-Glazed Chicken with Quinoa Pilaf	558	61	9	32	7	588	977		24	24	28	29		■	■	■	■		
42	Chicken Tortilla Soup	226	24	0	17	3	422	346							■	■		■		
31	Creamy Chicken & Mushroom Pasta	578	53	0	45	7	729	832	30		29	83	29	24	■					
34	Roasted Maple-Glazed Chicken & Carrots	299	17	6	24	3	606	604				338			■	■		■		
44	Slow-Cooker Spicy Red Pepper Chicken	256	6	0	29	2	384	380				32		45		■		■		
Fish & Seafood																				
65	Mussels with Andouille, Freekeh & Pistou	410	30	0	26	4	715	743			56	70	750	56	■			■		
32	Roasted Salmon with Lentil "Caviar"	354	16	0	35	5	509	708					188		■	■		■		
38	Seared Scallops with Green Goddess Slaw	296	25	0	20	8	724	924		27		259		88	■	■		■		
65	Walnut-Stuffed Black Sea Bass	505	12	0	32	2	464	443							■	■				
Beef & Pork																				
33	Beef & Bulgur Sloppy Joes	383	42	6	14	7	741	536			24	36	52	23	■			■		
36	Cheesy Mushroom & Leek Toasts	358	33	0	16	6	659	472							■			■		
Desserts																				
74	Banana-Chocolate Chip Snack Cake	228	29	9	4	2	195	197												■
69	Magic Chocolate Drizzle	31	3	3	0	0	1	17								■	■	■		■
83	Peanut Butter & Chocolate Chickpea Blondies	206	25	16	6	3	277	127								■		■		■
46	Rice Pudding with Pistachios	159	26	6	6	1	97	182								■	■	■		■
68	Spent Coffee Grounds Ice Cream	218	21	16	4	0	40	161								■				■
Miscellaneous																				
71	Wilted Greens Dog Treats	18	3	0	0	0	19	16												

Key to Index & Nutrition Info

■ Recipes are tested in the *EatingWell* Test Kitchen by at least two people on gas and electric stoves.
■ "Active" time includes prep and time spent tending to food as it cooks and getting it to the table for serving.
■ "Total" time indicates the entire amount of time required for each recipe, start to finish.

How We Analyze Recipes
■ All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
More info: ***eatingwell.com/go/guidelines***
■ Garnishes and optional ingredients are not analyzed.
■ To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions are based on standard serving sizes. Suggested servings for meat, poultry and fish are 3 to 4 oz., cooked. Vegetable side dishes are a minimum of ½ cup. Starch-based side dishes (e.g., rice, potatoes) are also ½ cup.

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less.
Gluten-Free: No wheat, rye or barley.
Heart-Healthy: Limited saturated fat and sodium.
Low-Cal: Recipes are relatively low in calories.
Vegan: No animal products.
Vegetarian: Meatless (or meatless options listed first).

Cultivating Community

Meet the woman fostering connections between Black women who are passionate about plants.

By Stephanie Gravalese

PHOTO BY NATALIE ALLGYER

The Situation Jasmine Jefferson ("Jas") grew up in a family of gardeners, but it wasn't a hobby she embraced until her grandmother passed away and she inherited her houseplants. They became her self-care outlet. As she expanded into vegetable gardening at her home in Pensacola, Florida, Jefferson felt unwelcome when she turned to local garden centers and clubs for advice, so she started seeking information online. While she knew gardening was for everyone, she wasn't seeing a diverse crowd there, either. Jefferson recognized that this lack of Blackness in the gardening space could be prohibitive for others who wanted to start gardening too. "If we don't see someone who looks like us, we often can't even imagine that this is accessible to us," she explains.

What She Did In 2017, Jefferson launched Black Girls with Gardens, a website for sharing her gardening journey with the hope of teaching and inspiring others while cultivating inclusion. Posts cover basics, such as container gardening, seed starting and houseplant care. BGWG is also on Facebook and Instagram—safe spaces for Black women gardeners to share resources, post questions and share the joy they get from nurturing their plants. "I don't know everything," Jefferson says. "Someone else might know what's going on with another's zucchini plant or see signs of a common disease."

Why It's Cool The Black Girls with Gardens community is more than 200,000 strong. Jefferson says that some members, herself included, use gardening as meditation and stress relief. Others find growing their own food empowering. Her next step? Jefferson is currently raising funds to start a community garden project in Pensacola. For now, she wants to encourage Black women to have fun, learn and celebrate each other's success. "It's a nudge to get outside and allow gardening to be whatever it is for you."

FIND OUT MORE: blackgirlswithgardens.com

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